

E-Motions Sessions for Schools - Lesson Plan (30 Minutes)

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| Author/Presenter: Rebecca Bishop | Location: Name of School | Date: Date |
| Title: The E-Motions Series – Scaredy Bear’s Courageous Tale | | Length: 30 minutes |
| Aim: To read ‘Scaredy Bear’s Courageous Tale’, to test understanding and to introduce self-regulation techniques for the emotion of fear. | | |
| Objective/s: By the end of the session the children will be able to know one self-regulation technique they can do when feeling fear. | | |

| Timing | Presenter Activities | Children Activities | Resources | Assessment |
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| 2 min | Introducing me, the author | Listening, asking questions | | |
| 5 mins | Reading ‘Scaredy Bear’s Courageous Tale’ | Listening | Slides | |
| 5 mins | Ask for feedback | Giving feedback, asking questions | Slides (if needed to answer questions) | |
| 8 mins | ‘Scaredy Bear’s Courageous Tale’ Quiz | Answering questions | Video | Check understanding based on answers given |
| 1 min | Calm poem - frame what we are going to do | Listening | | |
| 5 mins | Calm poem | Listening (with eyes closed – optional) | Calm Poem / Music | |
| 4 min | Wrap up - ask if they enjoyed it - ask how they feel now? | Give feedback, asking questions | | |