

E-Motions Sessions for Schools - Lesson Plan (1 Hour)

Author/Presenter: Rebecca Bishop	Location: Name of School	Date: Date
Title: The E-Motions Series – Scaredy Bear’s Courageous Tale		Length: 60 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
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
OPTION 1: Story Retelling x 2 and Calm Poem				
2 mins	Story retelling Part 1 – In the woods, frame what we are about to do.	Listening		
3 mins	Ask for volunteers and give out props	Volunteer, take props and get into position.	Various props for story retelling part 1.	Scardey Bear’s Story Retelling Play Script
7 mins	Story retelling Part 1 – in the Woods	Acting out the parts		Observation
2 mins	Collect props	Give props back		

Timing	Presenter Activities	Children Activities	Resources	Assessment
2 mins	Story retelling Part 2 – Birthday and the Raft – frame what we are about to do	Listening		
3 mins	Ask for volunteers and give out props		Various props for story retelling part 2.	Observation
7 mins	Story retelling Part 2 – Birthday and the Raft	Acting out the parts		
2 mins	Collect props	Give props back		
2 mins	Get Children to sit down	Sit down		
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		
OPTION 2: Story Retelling x 1 / Activities and Calm Poem				
2 mins	Story retelling Part 1 or Part 2 frame what we are about to do	Listening		
3 mins	Ask for volunteers and give out props		Various props for story retelling part 2.	Observation
7 mins	Story retelling Part 1 or Part 2	Acting out the parts		
2 mins	Collect props	Give props back		
2 mins	Get Children to sit down	Sit down		
1 min	Calm poem - frame what we are going to do	Listening		
5 mins	Calm poem	Listening (with eyes closed – optional)	Calm Poem / Music	Observation and assisting

Timing	Presenter Activities	Children Activities	Resources	Assessment
15 mins	Various Activities i.e. wordsearch, counting, colouring in, etc.	Choosing and doing the activities on various tables.	Scaredy Bear's Resources	
3 min	Wrap up - ask if they enjoyed it - ask how they feel now?	Give feedback, asking questions		

SAMPLE