

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

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

Timing	Presenter Activities	Children Activities	Resources	Assessment
2 min	Introducing me, the author	Listening, asking questions		
5 mins	Reading ‘Sad Seal Saves the Day’	Listening	Slides	
5 mins	Ask for feedback	Giving feedback, asking questions	Slides (if needed to answer questions)	
8 mins	‘Sad Seal Saves the Day’ Quiz	Answering questions	Video	Check understanding based on answers given
1 min	Happy poem -explain how Seal felt in the end/ Happy opposite to sad	Listening	Show the E-motions Ladder	
5 mins	Happy poem	Listening	Happy Poem Slides	
4 min	Wrap up - ask if they enjoyed it - ask how they feel now?	Give feedback, asking questions		