



ReSPECTful Relationships



Lesson Plans and Resources

Reception

Lesson 1: Feelings

Aims & Outcomes 2

Lesson Plan..... 3



Lesson 1: Feelings

Reception

Session Aim

- To introduce the topic of feelings and adults who help us to feel safe.
- To enable the learner to explore feelings and identify adults who help us to manage them.

Learning Outcomes:

By the end of the session most learners will be able to:

- Talk about, recognise and name some feelings.
- Identify a trusted adult who can help them manage negative feelings.

Class teacher can link these activities to children's progress within two areas of learning

- Personal, Social and Emotional Development
- Communication and Language.



TIME (MINS)	TUTOR ACTIVITY	LEARNER ACTIVITY	RESOURCES	EXTENT STUDENTS ARE ENGAGED
15 mins	<p>Introduce topic of feelings.</p> <p>Read story I have Feelings</p> <p>Focus on specific parts of the story to highlight trusted adults.</p>	<p>Listen to the story.</p> <p>Join in discussion and relate the story to own experiences and feelings.</p>	<p>Book</p> <p>I have Feelings by Jana Novotny Hunter</p> <p>FIND ONLINE</p>	<p>Children's contribution to discussion and activities.</p>
20 mins	<p>Explain Helping Hand activity – reflect on story talk about feelings identified in story.</p> <p>Ask children to draw / write names of adults that help them on their printed hand (relate back to story re - dad giving cuddle).</p> <p>Encourage children to talk about these adults with examples of how they help them.</p>	<p>To think about adults who help them to feel okay.</p> <p>Draw / write on printed hand with support.</p>	<p>Helping Hand diagram (see resource pack)</p> <p>Pencils and crayons</p>	<p>Children with language needs are supported to create their individual Helping Hand and to contribute to creating class Helping Hand.</p>
20 min	<p>Introduce Feeling Faces flash cards and recap on the story with children.</p> <p>Support individual children to name feelings using scenarios similar to those used in the book.</p> <p>Link negative feelings to Helping Hands – ie an adult who can help with negative feelings.</p> <p>Explain that class teacher will be doing more work about feelings and friends with them.</p> <p>Bring session to a close with song -</p> <p><i>If you're happy and you know it If you have feelings and you know it....</i></p> <p><i>If you're ?? (children to choose feeling) and you know it</i></p>	<p>Work as part of the group to reflect on the story and identify feelings.</p> <p>Children's ability to recognise feelings.</p>	<p>Flash Cards: Feeling Faces (see resource pack)</p> <p>Happy Song</p> <p>FIND ONLINE</p>	<p>Work as part of the group to reflect on the story and identify feelings.</p> <p>Children with language needs are supported to take part.</p>

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