A picture containing plant

Description automatically generated





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| **1** Connected | |
| Activity 1: Paired Share | Instructions on PPT slide 5. |
| Activity 2: Actions to Connect | Jar or container and paper are required for this activity. Instructions on PPT slide 6. |
| Activity 3: Reconnect at home | Activity to be completed at home. Instructions on PPT slide 7. |
| **2** Be Active | |
| Activity 1: Ways to be active | Instructions on PPT slide 10. |
| Activity 2: Classroom Yoga | As a class, watch the video of Sophie teaching yoga on PPT slide 11. |
| Activity 3: Movement Chain | Instructions on PPT slide 12. The embedded song is ‘Can’t Stop the Feeling’ by Justin Timberlake [YouTube Can't Stop the Feeling](https://www.youtube.com/watch?v=ru0K8uYEZWw) |
| Activity 4: Be active at home | Activity to be completed at home. Instructions on PPT slide 13. |
| **3** Be Curious | |
| Activity 1: Be curious about yourself | This simple exercise gets children to be more aware of their bodies and helps them find a way to be present in the moment.  Begin by asking pupils to sit comfortably in their chairs and place one hand on their heart and one hand on their tummy (if comfortable for them).  Play the video on slide 16 to help guide them with breathing in for 4 seconds, holding for 4 seconds and breathing out for 4 seconds. Repeat this for about a minute.  Next ask pupils to rest their hands by their sides and close their eyes (or rest them toward the floor).  Then tell them to squeeze every muscle in their body as tight as they can.  Tell them to squish their toes and feet, squeeze their hands into fists, and make their legs and arms as hard as stone.  After a few seconds, ask them to release all their muscles and relax for a few minutes. Repeat this two or three times.  Encourage pupils to think about how their body is feeling throughout the activity. |
| Activity 2: Be curious about your surroundings | The goal of this exercise is to practice being aware and curious in the present moment throughout the day.  Animations on PPT slide 17 can help to structure the exercise.  Ask pupils to cast their eyes around the room and bring their attention to five things they might not normally notice or pay attention to.  Then ask them to bring their awareness to four things they are currently feeling, like the breeze on their skin, or their feet on the ground.  Next ask them to tune in to three sounds around them. What can they hear in the background?  Then ask if they can tune their senses into two smells, pleasant or unpleasant.  Finally ask them to focus on one thing they can taste right now, in this moment. What is the current taste in their mouth? |
| Activity 3: Be curious about others | Colouring pencils/pens and a sheet of paper are required for this activity.  Instructions on PPT slide 18. |
| Activity 4: Be curious at home | Activity sheet (available on p.3 of this document) to be completed at home. Instructions on PPT slide 19. |
| **4** Keep Learning | |
| Activity 1: The sun shines on | Instructions on PPT slide 22 |
| Activity 2: Learning Tree | Paper, colouring pencils/pens required for this activity. Instructions on PPT slide 23. |
| Activity 3: Keep learning at home | Activity to be completed at home. Instructions on PPT slide 24. |
| **5** Give | |
| Activity 1: Gratitude Chatterbox | A4 paper, scissors, pens/pencils and colouring pencils/pens are required for this activity. Instructions on PPT slides 27-29. This is the embedded video guide on how to make the chatterbox [YouTube guide How to make a chatterbox](https://www.youtube.com/watch?v=dtm0WlsVMt0) |
| Activity 2: Thankful Tree | Equipment required: A handful of twigs, a vase to hold the twigs, stones (to weigh the twigs down in the vase), printed leaf templates (one for each child available on p.4 of this document), a hole punch, pens/pencils and colouring pens/pencils.  Instructions on PPT slides 30-32. |
| Activity 3: Give at home | Kindness coupons are available on p. 5 of this document. Activity to be completed at home. Instructions on PPT slide 33. |

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* **Grow at Home: Be Curious**

1. Write or draw what you found or did in each square.

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| Find something bumpy | Find something that tastes sweet | Find something noisy | Help a family member |
| Find your comfiest item of clothing | Find something that helps you relax | Teach a family member something you know | Find something cold |
| Learn something new about a family member | Find something soft | Find something that you love the taste of | Play or make something with a family member |
| Find something that you like to listen to | Find something you’ve had for a very long time | Make someone laugh or smile | Find a smell that makes you happy |

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Diagram, text, letter

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