

## How to use Fresh Little Minds RELAX

### Preparation

The programme to be used in sequence, within each theme is number of micro lesson plans and resources to support your learning. The plans will indicate what additional resources are needed in preparation to run the lesson, we have kept these to a minimum to allow you to use your time to familiarise yourself with the lesson content. The lesson plans will follow a simple format with video introduction, activities and plenary and at the end of **each theme** the class will complete with a page from the RELAX passport. Alongside the Welcome section, there are six themes included in the Relax programme, there is also the Welcome section that cover the key concepts that you will refer to over the programme.

#### Welcome to Relax

Lesson 1	Welcome
Lesson 2	What is Relaxing?
Lesson 3	Anchoring
Lesson 4	Get to Know Your Passport



#### Ready to Relax (Theme 1)

Lesson 5	What is body Energy
Lesson 6	Colour Energy
Lesson 7	Breath Energy
Lesson 8	Big & Small Energy
Passport:	I Have Energy



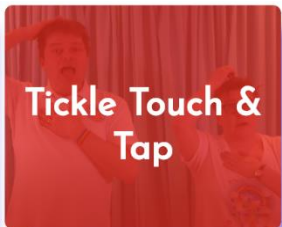
#### Move Move Move (Theme 2)

Lesson 9	Flip your lid
Lesson 10	Chemical Challenge
Lesson 11	Stuck Tricky Feelings
Passport:	I Can Move



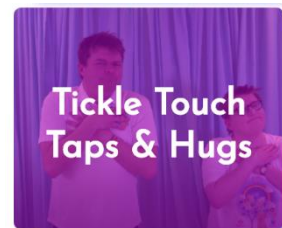
#### Tickle Touch and Tap (Theme 3)

Lesson 12	Mood Boosting positivity
Lesson 13	EFT Tapping
Passport:	I Am Strong



#### Tickle Touch Tap & Hugs (Theme 4)

Lesson 14	Paws for thought
Lesson 15	Have a Hug
Passport:	I Love Hugs



## **Aroma Vibes (Theme 5)**

Lesson 16.1	Name that Smell!
Lesson 16.2	Colouroma
Passport:	I Can Breathe



## **Be The Boss (Theme 6)**

Lesson 17.1	Greatest Hits
Lesson 17.2	Graduation
Passport:	My Fresh Little Mind



## **RELAX Passport**

Each child receives a passport at the start of the Relax programme. The passport acts as metaphor for the individual and collective journey the class will be embarking on. This resource has been designed to;

- Help children visualise their progress through the Relax programme.
- Be an opportunity to reinforce positive messages learning
- Allow children to complete passport page at the end of each theme using a mindful colouring activity

Passports are given to each child who will individualise them during the programme and the Passport is completed as an individual session at the end of each theme. After each passport activity be sure to collect each one and keep safe until it is required again. Passport activities will require the children to use pens, colouring pencils, crayons and markers, whatever you have to hand to help decorate them.

There is an accompanying video that allows the children to listen to songs from the AMBER SOUL Songs Album that aid concentration

For children who complete the passport task early, or might struggle to concentrate on the activity fully, they are able to watch the video of moving images while the others in the class continue the colouring activity. The Passport lesson also allows you to introduce other elements from Fresh Little Minds like, gratitude practice where children share what they are thankful for.

## **Resources & background information**

Where indicated in the lesson plan, you'll find accompanying resources to use. These are here to help you deliver activities and further explain some of the concepts. The resources are in various formats, some will need to be printed prior to the lesson and others can be shown on the IWB. Use your IWB to show video, images and slides where instructed. They are there to help you deliver with key words (Relax Motto, AMBER Approach etc), you can also print out copies to display in the classroom, or when confident use from memory with your class

There are also some additional background materials for the programme that will help in your preparation to deliver Fresh Little Minds Relax. We recommend you read this prior to running the Relax programme.

- The AMBER Classroom
- Learning Environment and Senses
- Fresh Little Minds – The Golden Rules.
- Platonic touch and EFT (Emotional Freedom Technique) Tapping

## Activities Resource

This resource lists of the activities you'll be running during the Fresh Little Minds Relax programme. We have included some extra that will help you mix up some activities should you run this more than once. There are instructions on how to run each activity and some are demonstrated by the virtual facilitator team.

The Activities resource list an AMBER icon next to each exercise to show what part of AMBER the activity correlates to. This is to show what activities you can use independently to build your own AMBER sessions and to use