

Aim	Lesson Plan	Activities & Resources	Facilitated questions / Plenary
<p>Lesson 1 - Welcome</p> <p>Learning Objectives / Key teachings:</p> <ul style="list-style-type: none"> ● Introduce the RELAX programme to the class. ● Learn what the AMBER Approach is and identify what each letter stands for. ● Become familiar with Relaxation & Regulation. ● Understand the definition of Relaxation. ● Understand the definition of Regulation. 	<p>Welcome children to the RELAX programme</p> <p>Explain that as a class you will be spending part of your school day not only relaxing but getting ready to RELAX! This will cover 6 themes to do with getting ready to relax:</p> <ul style="list-style-type: none"> ● Ready to Relax ● Move Move Move ● Tickle, Touch and Tap ● Tickle, Touch, Tap & Hugs ● Aroma Vibes ● Be The Boss <p>We will be joined by two Fresh Little Minds teachers, Stephen and Rachel on video to help us restore and Relax!</p> <p>Play Video 1 - Welcome</p> <p>So now it's our turn to remember what we are here to learn.</p> <p>Q. What are we here to learn?</p> <p>A. To regulate to RELAX</p> <p>Ask</p> <p>Q. What does AMBER stand for?</p> <p>A. Anchor, Move, Breathe, Express & Relax</p>	<p>Amber Puppy (optional)</p> <p>Bamber Puppy (optional - Shop Link)</p> <p>AMBER Icons (Uploaded or Shop Link)</p> <p>AMBER Slide with Icons -</p> <p>Golden Rules PDF</p>	

Q. What do each of these mean?

Anchor: To **Anchor** is to steady yourself before you go on a journey, like this one. Anchor also stands for Anchor people in your life, these are the people in your life that you feel most safe with and are really important!

Move: Both children and adults need to MOVE to help unblock all of that stuck energy and help calm us when we have tonnes of extra ENERGY!

Breathe: Your BREATH is your superpower! It helps reduce worry and tricky feelings. It can boost your mood and supercharge your immune system – which protects you from getting sick!

Express: When you can express your feelings you can thrive, you can express them in SOOOO many ways!

Relax: This is the good bit, when you RELAX you help your mind and body heal, making you stronger and ready for the day ahead!

Q. Do remember what Relaxing means?

A. Relax means releasing built up energy and feelings that can build up inside us.

Q. Do you know what Regulating means?

A. It means grounding our energy, learning some things to do with your mind and body to help YOU control those energies and feelings.

In the video AMBER was feeling a little shy - do you remember?

Q. Why might AMBER be feeling shy?

Q. What might help AMBER?

In the video, Rachel says that AMBER might feel better getting to know a bit more about us.

Q. Go around each child and ask; 'How are you feeling about getting ready to relax?'

END of LESSON 1. Move straight on to **LESSON 2** if time permits.