

# STUCTURING & SCHEDULING

## Activities Resource

As you work your way through the lesson plans you will notice reference to Activities. These activities can be found in the activities resource section.

They are laid out in a table and in the order that you will use them in the lessons,

Some activities are repeated more than once in the programme and we encourage you to ask children what their favorites are, so that you may repeat them.

You will notice an AMBER icon next to each exercise to show what part of AMBER the activity correlates to. This demonstrates how you might use activities independently of the lessons to integrate AMBER into your day.

We have included some extra activities too, should you decide to facilitate the programme with the same children more than once. There are instructions on how to run each activity and some are demonstrated by the virtual facilitator team on the videos.

## RELAX Passport

You will either purchase a hard copy of a passport or download the versions available for free for you.

The passport acts as metaphor for the individual and collective journey the class or group will be embarking on. This resource has been designed to;

- Be an opportunity to reinforce positive messages learning
- Encourage relaxation an mindfulness practice.

A new passport page is completed at the end of each theme. If using physical passports, ensure that you gather them up to avoid them getting lost.

Passport activities will require the children to use pens, colored pencils, crayons and markers, whatever you have to hand to help decorate them.

There is an accompanying video that should be played each time you complete the passport; some children will look forward to this moment more than any other.

## Video Clips

Delivering flexible bite sized lessons alongside our virtual presenters allow you to engage with children's mental health and emotional resilience in the classroom through fun and engaging activities. The fun video clips feature Stephen, Rachel and the programme mascot AMBER our Fresh Little Minds facilitators who introduce each lesson theme enabling you the opportunity run activities, open conversations, and help relaxation. Along the way our intrepid presenters, use humor and examples to help illustrate the lesson theme in a way the children can relate.



The basis of each lesson involves showing a short piece of video featuring our virtual facilitators and AMBER, the Fresh Little Minds puppy mascot to the children in the classroom, then follow the simple lesson plans and get the class REGULATING & RELAXING!

## MICRO LESSONS

Allow for around 20 – 30 mins per micro lesson.

The time you devote to each lesson will depend on how much time you want to allocate to that lesson. Some of the micro lessons will be longer than others, this will become clearer when you download the lesson plans and prepare to deliver the sessions.

### 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



## **RULES FOR STRUCTURING YOUR PROGRAMME**

- There is a structure to how you deliver R&R it is set up sequentially and is not intended to be run in any other way.
- The learning is built up incrementally and each session is a building block for the next session.
- Delivering sequentially will help educators track where they are at.
- Once the programme has been completed there is nothing wrong with going through elements of the programme again in the future.
- The use of repetition is intentional.
- Whilst it isn't expressed in each lesson plan it is important to 'Anchor' at the beginning of each time you begin a session to set the scene, the tone and the mood for this work.
- You may purchase hard copies of the passports and certificates (depending on the availability of stock). If you are printing in school, you may print out the whole passport at the beginning and assemble as a C6 booklet or you can simply print out each page at the correct point in the delivery of the programme.
- The activities resource outlines descriptions/instructions of 33 activities which you are prompted to play with the children during the programme. Many of these activities are demonstrated in the videos by the characters Rachel and Stephen.

## 1. TIME TABLE YOUR DELIVERY

- Schedule out your delivery, avoid random, adhoc lessons, this will diminish the children's experience and the impact of the programme.
- Be consistent e.g., children respond best when you choose a specific time and day of the week for this work
- Each lesson takes between 15 – 30mins depending on how long you choose to explore the themes of the particular lesson
- You may schedule this curriculum to be delivered, daily, weekly, or intensely over a two-week period. The important thing is that you choose a schedule that will work for you, where you have the time to give to the programme. See the table below for our recommendations.

<b>STRUCTURING THE DELIVERY OF YOUR RELAX &amp; REGULATE PROGRAMME</b>			
	<b>Daily:</b>	<b>Weekly:</b>	<b>Intensely:</b>
<b>Foundation (50 – 60mins)</b>	Young children love to have one lesson per day or for a selected number of days per week e.g., every Monday and Friday. Simply schedule in 1 lesson per day over one or two consistent days.	When completing the curriculum once weekly, it makes sense to dedicate approx. 50 – 90 mins depending on the age of your children. The programme will take more weeks for younger children and less weeks for older children. See below table for our suggested weekly structure)	We do not recommend delivering this programme intensely for this age group.
<b>KS1 (50 – 60mins)</b>	Option 1: One lesson per day for a selected number of days per week e.g., every Monday and Friday. Simply schedule in 1 lesson per day over one or two consistent days.  Or;	Begin each lesson with an Anchoring activity. Choose any activity which creates the right mood, cultivates connection and helps children feel ready to learn.	Your choice to deliver this intensely will depend on the level of need within your individual class. Each class is different, and in our experience some classes enjoy and benefit from an intense delivery whilst learning can be lost to other classes as they cannot cope with daily longer sessions.
<b>KS2 (60 - 90mins)</b>	Break a theme up over a week creating opportunities for you to showcase that theme throughout your week. This model will mean that you will plan of the programme to be delivered over 7 weeks.	Children may really enjoy learning one of the techniques or playing one of the games which you can repeat throughout the week.	This programme can be delivered intensely, if delivered in the spirit of fun and enjoyment. One theme per day over two weeks.

## SUGGESTED STRUCTURE FOR WEEKLY DELIVERY

		<b>Foundation (50 – 60mins)</b>	<b>KS1 (50 – 60mins)</b>	<b>KS2 (60 - 90mins)</b>
<b>Week</b>	<b>Theme</b>	<b>Lessons</b>	<b>Lessons</b>	<b>Lessons</b>
<b>1</b>	Welcome to Relax	Lesson 1- 4	Lesson 1- 4	Lesson 1- 4
<b>2</b>	Theme 1 Ready To Relax	5 & 6	5 & 6	5, 6, 7, 8 & Review all the techniques of theme 1 & Passport
<b>3</b>	Theme 1 Ready To Relax	7 & 8	7 & 8	9, 10, 11 & Passport
<b>4</b>	Theme 1 Ready To Relax	Review all the techniques of theme 1 & Passport	Review all the techniques of theme 1 & Passport	12, 13 & Passport
<b>5</b>	Theme 2 Move Move Move	9 & 10	9 & 10	14, 15 & Passport
<b>6</b>	Theme 2 Move Move Move	11 & Review all the techniques of theme 2 & Passport	11 & Review all the techniques of theme 2 & Passport	16.1, 16.2 & Passport
<b>7</b>	Theme 3 Tickle Touch & Tap	12	12	17.1, 17.2 & Passport
<b>8</b>	Theme 3 Tickle Touch & Tap	13 & Review all the techniques of theme 2 & Passport	13 & Review all the techniques of theme 2 & Passport	
<b>9</b>	Theme 4 Tickle Touch, Tap & Hugs	14 + Part 1 lesson 15	14 + Part 1 lesson 15	
<b>10</b>	Theme 4 Tickle Touch, Tap & Hugs	Part 2 lesson 15 + Review all the techniques of theme 2 & Passport	Part 2 lesson 15 + Review all the techniques of theme 2 & Passport	
<b>11</b>	Theme 5 Aroma Vibes	16.1 & 16.2	16.1 & 16.2	
<b>12</b>	Theme 5 Aroma Vibes	Catch up week + 15min Passport	Catch up week + 15min Passport	
<b>13</b>	Theme 6 Be The Boss	17.1 + Passport	17.1 + Passport	
<b>14</b>	Theme 6 Be The Boss	17.2	17.2	