

Theme 1: Welcome to the Relax & Regulate Programme

Lesson 1 – Welcome

AMBER ELEMENTS COVERED WITHIN THIS LESSON



Learning Objectives / Key teachings:

- Children are introduced to the RELAX & REGULATE programme
- Children learn the meaning of each of the letters of AMBER
- Children are encouraged to take part and share their ideas
- Children become familiar with the terms Relaxation & Regulation.

Resources

- FLM Amber Puppy (optional)
- FLM Bamber Puppy (optional)
- AMBER Icons (Uploaded)
- AMBER Slide with Icons

Lesson Plan

Welcome children to the RELAX & REGULATE programme

As a class we will be spending part of our school day getting ready to RELAX!

We have 7 themes to cover, and they are:

1. Welcome to the Relax & Regulate Programme
2. Ready to Relax
3. Move Move Move
4. Tickle, Touch and Tap
5. Tickle, Touch, Tap & Hugs
6. Aroma Vibes
7. Be The Boss

Each time we complete a theme we will take 10 minutes to complete our passport.

We will be joined by two Fresh Little Minds teachers, **Stephen** and **Rachel** on video to help us learn all about Regulating and Relaxing, let's meet them!

Play Video 1 – Welcome To Relax

Educator Question. What did Rachel and Stephen say that we are here to learn?

A. To regulate to RELAX

Ask

Educator Question. What does AMBER stand for?

A. Anchor, Move, Breathe, Express & Relax

Educator Question. What does it mean 1) To Anchor 2) To Move 3) To Breathe 4) To Express 5) To Relax?

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 important!

Move: Both children and adults need to MOVE to help unblock all 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!

Educator Question. Do remember what Relaxing means?

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

Educator Question. 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.

Educator Question. In the video AMBER was feeling a little shy - do you remember? Why might AMBER be feeling shy?

A. Meeting new people can cause some people to feel worried.

Educator Question. What might help AMBER?

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

Educator Question. 'How are you feeling about getting ready to relax?'

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