

Theme 3: Move Move Move

Lesson 10 – Flip Your Lid

AMBER ELEMENTS COVERED



Learning Objectives / Key teachings:

- Learn/Revise FLIP, remembering that the brain and body are interconnected.
- Learn about stress response - fight, flight, freeze
- Understand about the Emotional Brain (Amygdala) & the Rational/Decision Making Brain (Cerebral Cortex)
- Children articulate which emotions are most tricky or difficult for them.
- Explore movement techniques to help cope and release difficult emotions.
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Resources

- Activity - My Animal Brain
- Activity - Move Sequence
- Activity - Brain Tricks
- Activity - Laughter Raggy Doll
- *Optional resource* - Small finger puppet

Lesson Plan

Educator Question.

Q. Who can tell me what the Relax Motto is?

Q. What helps you to get ready to Relax?

Introduce the lesson and **Play Video 9** - Flip Your Lid.

Exercise 1: My Animal Brain (5mins)

Use an optional small animal puppet on your thumb to help demonstrate flipping your lids. Or draw a face on your thumb, this can act as your animal brain.

NOTE: You can reference the characters in the video flipping their lids.

Then ask the following questions.

Q. When do you flip your Lids?

Q. What causes you to flip your lid?

Q. What do tricky feelings stop you from doing?

Q. How do tricky feelings stop you from relaxing?

Activity - Practice the Brain Hug. (Closing fingers on the (Amygdala) The Thumb - gives that part of the brain a hug and helps to show us that we need to reconnect the parts of our brain to help us be calm, make decisions and get something done.)

Exercise 2: Go through the **MOVE Sequence:** Shake, Stretch, Breathe, Speak. **(2mins)**

Link: Shake and Voice; Shake with Quiet Voice and Shake with Loud Voice

Link: Stretch and Breathe - Stretch up and take a big breath in through our nose filling our belly. Then breathing out through the mouth as you bring your arms down folding from the waist.

Exercise 3: Brain Trick game/s **(3mins)**

NOTE: Movement tricks the brain into producing happy chemicals.

Exercise 4: Laughter Raggy Dolls Game **(1 min)**

NOTE - It is not about who can/can't do an activity but about tricking the brain and moving stuck energy.

NOTE: Have you had an **'Energy Check In'** today?

End of Lesson – Move to Next Lesson