

Theme 3: Move Move Move

Lesson 12 – Stuck Tricky Feelings

AMBER ELEMENTS COVERED



Learning Objectives / Key teachings:

- Learn about stuck or tricky feelings.
- Learn why MOVING helps get stuck/tricky feelings out of our body and helps get us into a relaxation state.
- Learn to connect with our physical body.

Resources

Explanation - Tricky Feelings in our body explainer

Activity - Mindful Breathing/Counting Breath

Passport

Pens/crayons/pencils

Energy Rainbow Poem

Music - Beautiful Child

Lesson Plan

Educator Question.

- Q. Can you remember some of the chemical names?
- Q. What helps you to get ready to relax?
- Q. Can you name some tricky feelings?
- Q. What can help when we have tricky or stuck feelings/energy?

Introduce the lesson and **Play Video 11** - Stuck,Tricky Feelings.

Exercise 1: Our tricky feelings **(10 minutes)** Open a discussion with the class about the tricky feelings AMBER had.

- Q. What tricky feelings might AMBER have?
- Q. What are the tricky feelings can we think of?
- Q. What do tricky feelings stop us from doing?
- Q. Do tricky feelings get stuck in your body? Where do they get stuck?

Age appropriate (Q. What might be causing the tricky feeling?)

Ok - Let's choose a **MOVE activity** to get any stuck, tricky feelings out of our body. (You can let the class choose one they would like.)

- Tricky Feeling Fruit Salad
- Shake it out
- Stretch it out
- Laughter Raggy Dolls
- Brain tricks
- Clap When I do

Exercise 2 Breath Energy Sequence **(3minutes)**

To help RELAX we need to activate "Dopamine" within our brain. We can do this through breathing.

Mindful Breathing/Counting Breath

Read Energy Rainbow Poem and take belly breaths while listening to the words.

Exercise: PASSPORT - Now we have completed all of our lessons for '**Move,Move,Move**' it is time to colour the page of passport.

Play the song '**Beautiful Child**' (Audio Track) while the children colour.

So we have completed the '**Move, Move Move**' part of the programme next up is: **Tickle, Touch & Tap.**

NOTE: Have you had an Energy Check In today?

End of Lesson – Move to Next Lesson