

Theme 3: Tickle Touch & Tap

Lesson 14 – Mood Boosting Positivity

AMBER ELEMENTS COVERED



Learning Objectives / Key teachings:

- Reframing: turning negative thoughts into positive ones.
- Learning to name emotions/feelings.
- Release tricky feelings and replace them with more empowering thoughts/feelings

Resources

- Activity - 'Bin the 'Bad' stuff! game.
- Activity - Juggling Positivity
- Positive Word Statements
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Lesson Plan

Educator Question.

- Q. Which Brain chemical makes you feel good?
- Q. Which one makes you feel floppy and tired?
- Q. Which one makes you want to fight, flight or freeze?
- Q. Who remembers the RELAX motto?
- Q. How do you move stuck Energy?

Introduce the lesson and **Play Video 12** - Mood Boosting Positivity.

Use AMBER'S experience (in the story) of turning negative thoughts into positive ones.

Did you see how Stephen, Rachel (Video 11) and AMBER (Video 12) did to change their thinking? Ok let's try to do that. We can practice changing the way we think about problems.

Exercise 1: Start with questions from the story (5 minutes)

- Q. What was AMBER worried about?
- Q. What tricky feelings did AMBER have?
- Q. Who did AMBER tell about their tricky feelings?
- Q. What helped AMBER feel better?

OK - we are going to help us feel better by playing a game....

Exercise 2: 'Bin the 'Bad' stuff!' game (7 minutes)

This activity helps children reframe negative thoughts with a positive take. This is in preparation for tapping (EFT).

Exercise 3: Juggling Positivity (Positive Words) (3 minutes)

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

End of Lesson – Move to Next Lesson