

# Theme 5: Huggable & Loveable

## Lesson 17 – Paws for Thought

### AMBER ELEMENTS COVERED



### Learning Objectives / Key teachings:

- Using our hands and finding ways of reducing anxiety and stress.
  - Learn the basic principles of hand reflexology for self soothing emotions.
  - Become familiar with using hand reflexology.
  - Use clapping and tapping to offer instant relief from excess energy running through the body.

### Resources

- Video - Hand Relaxation Sequence
- Video - Tapping sequence
- Activity - Finger Stories
- Energy Rainbow Poem
- Music - Feelings song (AMBER soul songs)
  - Guided Meditations

### Lesson Plan

### Educator Question.

- Q. When have you used our Tapping sequence to help with a tricky feeling?
- Q. How do we like to give our Brain a Hug?

Introduce the lesson and **Play Video 14** - Paws for Thought. Explain that the class is going to try some new ways to relax their bodies and help them get ready for the day.

### Exercise 1: Hand relaxation sequence

Watch the hand relaxation sequence and run this sequence with your class.

Ask them to sit comfortably and copy the video, or you demonstrating.

### Exercise 2: Tapping sequence - releasing the negative and embracing the positive.

Follow instruction video 1 OR 2 with your class. You may be familiar with the tapping sequence, if so you can do this without video.

### Exercise 3: Finger stories

### Exercise 4: Belly Breath with Guided Meditation or Energy Rainbow Poem

Play 'Feelings' song and ask children to take Belly Breaths.

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

**End of Lesson – Move to Next Lesson**