

Theme 5: Huggable & Loveable

Lesson 18 – Have A Hug

AMBER ELEMENTS COVERED



Learning Objectives / Key teachings:

- Hugs boost optimism, self-esteem and confidence.
- Hugs trigger the release of oxytocin which lowers the level of stress hormone and prevents and repairs negative and harmful effects.

Resources

Video - showing:

- Turtle Hug
- Tummy Hug
- Heart Hug
- Laughter Hug

Music - 'Have a Hug' song (AMBER soul songs)

Activity - Body scan

Lesson Plan

Educator Question.

Choose your class relaxation sequence. You know your children whether you need to repeat or mix it up.

Eg: breath, stretch, tapping, guided relaxation, music

Introduce the lesson and **Play Video 15** - Have a Hug.

Exercise 1: Practice hugs - Turtle, Heart, Tummy, Laughter

Q. How does it make you feel when you hug?

Q. When do you need/like hugs?

Q. What is your favourite type of hug? Why?

Exercise 2: Breath/body tapping - rhythm

Play follow the leader to music - tapping the body

Follow with breaths:

1. Standing, breathing in through the nose, stretch up to the sky, then fold down breathing out a long Haaaaaaaaaaa
2. Bend down, pretend to pick a flower and smell it (breathe in through the nose) and as you stand up look up to the sky and blow the clouds.
3. Bending down, breathe in through the nose smelling the earth and flow arms up in the air breathing out through the mouth, up to the sky.

Exercise 3: BODY SCAN

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

Exercise: Passport - Now we have completed all of our lessons for '**Tickle,Touch,Tap & Hugs**' it is time to colour the page of passport - 'Huggable and Loveable'

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

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

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

End of Lesson – Move to Next Lesson