

Theme 1: Welcome to the Relax & Regulate Programme

Lesson 2 – What is relaxing?

AMBER ELEMENTS COVERED
WITHIN THIS LESSON



Learning Objectives / Key teachings:

- Children are introduced to the theme through play.
- Children Anchor to each other
- Children Anchor to their Educator
- Children Anchor with the sensation of relaxing in their bodies and minds through evoking their positive memories
- Children are encouraged to speak about their memories and positive feelings.

Resources

- Activity - John John John
- Activity - Name & Action

Lesson Plan

“Do you remember Stephan and Rachel... let's hear from them again”

Play Video 2 - What is Relaxing?

Play Exercise 1: John John John

Play this game until at least half the class has had a chance to call out names

Like Stephen and Rachel, let's learn something about how you like to Relax. I want to find out how you like to RELAX – let's play a discovery game...

Play Exercise 2: Name & Action: Each child will in turn say their name and act out the way that they like to RELAX.

Now I would like you to finish this sentence.

Facilitate this Exercise/Discussion 3 (5mins): Finish This Sentence (Educator to give examples to help children understand what you are asking of them, ask each question one at a time)

“I like to Relax WHEN....”

“I like to Relax WITH....”

‘My Body feels _____ when relaxed.

‘My Mind feels _____ when relaxed.

Educator Question. What have you learned about what you and others like to do when relaxing?

A. Isn't it interesting how we are all so different, some of us love action and to be with people while others like to be quiet, still or have alone time

Educator Question. Let's think about all the different ways you like to RELAX?

END of LESSON 2 – MOVE TO LESSON 3.