

Theme 6: Aroma Vibes

Lesson 21 – Colourama

AMBER ELEMENTS COVERED



Learning Objectives / Key teachings:

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Resources

PDF/Slide Relax Motto

Activity - Colour Breath

Activity - Breath Energy Sequence

Resource - Pleasant aroma e.g essential oil + diffuser

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Lesson Plan

Educator Question.

Q. What smells do you have in your home that you like?

Q. How can Breathing help you relax?

Exercise 1: Relax Motto with power poses (1 min)

Exercise 2: Colour Breath (7 mins) Prepare a pleasant aroma to spread around the classroom to aid relaxation. You may have identified a useful smell from the previous lesson. You may also diffuse an essential oil.

Ask the class to breathe through their nose and enjoy the smell. Then ask:

'I want you to image the colour RED - what would this smell like? Repeat with other colours, red, green, blue, purple, orange....

You can ask the class to shout out their answers.

'I want you to imagine

the smell of...

Fire, Air, Water, Earth, Holidays, Trees/wood, Traffic, Flowers, inside smells, outside smells, Pizza, Popcorn, Dogs, Cats, Hamsters, Paper/books, Cooking, Baking, Swimming

What colours might those smells be?

You can ask the class to shout out their answers

Recognise the different colours that can be attached to the individual smells, there is no right or wrong. Both the scent, image and colour can be a tool to self soothe children who are experiencing tricky feelings.

Now, breathing (in through your nose) is a way we have practiced achieving restorative relaxation. We are going to do some colour breathing.

Run the colour breath sequence asking children to think or imagine the smell of each colour as it is spoken in the poem.

Exercise 3: Breath Energy Sequence - Breathing helps hug your brain and get you ready for what's next. Go through the full Breath energy sequence with the class.

(use the Breath Energy Sequence video)

- Flower Windmill Breath
- Belly Breath:
- Counting Breath
- Rollercoaster

Exercise: Passport - Now we have completed all of our lessons for '**Aroma Vibes**' it is time to colour the page of passport - 'I can Breathe'

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

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

So we have completed the '**Aroma Vibes**' part of the programme next up is: '**Be the Boss**'.

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

End of Lesson – Move to Next Lesson