

# Theme 1: Welcome to the Relax & Regulate Programme

## Lesson 3 – Anchoring?

### AMBER ELEMENTS COVERED WITHIN THIS LESSON



#### Learning Objectives / Key teachings:

- Children benefit from developing caring connections and feeling safe through the educator Anchoring the class.
- Children learn about different types of Anchors
- Children learn about ANCHOR people
- Children explore why ANCHOR people are important for them when getting ready to RELAX
- Children express themselves through writing or drawing
- Children regulate big emotions through play

#### Resources

- Anchor People sheet
- *Activity* - Name & clapping rhythm
- *Activity* - Your Anchor person
- *Activity* - I am John and I love Jumping
- AMBER Dance Song (age permitting)

### Lesson Plan

**Educator Question.** Who can remember what AMBER stands for?

**Educator Question.** What have you been doing to RELAX at home since I last saw you?

We are going to play a game to Anchor ourselves to each other. Let's choose... (one we love... the name game from last week... a new game I just learned called Nam and Clapping rhythm)

**Play Exercise 1:** John John John OR 2. Name and Clapping rhythm

You are getting good at that – remember Stephen and Rachel, let's hear from them both again, I am curious to hear what they want to say about this lessons theme which is all about Anchors.

**Play Video 3** - Anchoring

**Educator Question.** Can you tell me what an Anchor does?

A. It keeps the boat safe - during a storm.

**Educator Question.** Why is the Anchor so important to the boat?

A. The boat can drift off and/or get into trouble without it. It is reliable.

**Educator Question.** What can we do to Anchor ourselves?

A. Play a game, think of a nice memory/place, connect with people and each other.

**Educator Question.** Can you remember what you call a person who keeps you safe and you can rely on?

A. An Anchor person

**Educator Question. What are Anchor people like?**

A. Caring, Fair, Gentle, Supportive, Calm, Strong.

**Educator Question. When might we need our Anchor people?**

A. When you want to go to new places or try something new.. When you feel worried, scared, lonely.

**Activity: Anchor People Sheets (5mins per sheet/anchor person)**

Every one of us has Anchor People. Let's look at the Anchor People Sheets and lets fill out a sheet for each of your anchor people. Let's begin by imagining who might your first Anchor person might be....

**REMEMBER:** Keep these children's sheets and add them into the passport.

**Activity:** "I am John and I love Jumping" (3mins)

**Exercise 4:** Some children may be struggling with the idea of Anchors as their 'safe' people may not be as caring and loving as they would like, other children may also struggle to identify anchor people. Whilst the educator will support the children include them as an Anchor and try to identify others, this process can be difficult. It is therefore important to end this activity with movement and fun to Anchor the class energy together again.

Let's finish by listening to the **AMBER dance** to remind us of all the things that AMBER stands for.

**Activity: Play the AMBER Dance Song** make up some actions and have fun (1.5 minutes)

**END of LESSON 3 – Move to lesson 4**