

Theme 1: Welcome to the Relax & Regulate Programme

Lesson 4: Get to Know Your Passport

+ Passport (Journey with Amber & Relax Motto)

AMBER ELEMENTS COVERED
WITHIN THIS LESSON



Learning Objectives / Key teachings:

- Children hear and recite the RELAX Motto & affirm their strengths
- Children become familiar with the passport and begin to complete it
- Children benefit from time out to reflect through colouring
- Children will have facilitated personal time out with the restorative benefits from resting, sleeping or gentle sensory stimulation

Resources

- PDF Slide Relax Motto or physical Passport
- Colours/pens/crayons
- Beautiful Child (AMBER Soul Songs) uploaded

Lesson Plan

Educator Questions. This session is all about remembering what we have learned so far...

- Q. When might we need our Anchor person?
- Q. What have you learnt about relaxing?
- Q. What have you learnt about Anchoring?

Today's session is called Passports – let's hear from Rachel and Stephen what the Passports are all about.

Play Video 4 - Get to know your Passport

Okay, passports sound great, however, before we complete our passports, lets learn the relax motto!

Exercise 1: (5 minutes) Repeat RELAX Motto by call and response with actions as per video. Speak through the motto three times so that the children get used to it...

- 1) the first time say it typically
- 2) the second time dramatically emphasising the motto
- 3) and the third time saying it quietly and sincerely

Educator Questions. How do you feel?

Educator Questions. Which motto do you like the best? Why?

Educator Questions. What other lines would you add to the motto?

Hand out the passports...

We will only fill in one page per day – let's begin by inserting your name. Then I will help you figure out what to do next. Each child is to fill their name and draw/write how they like to relax on page 1 beside Amber and the signposts.

I have a second video to play for you today, and I will play this video each time we complete a theme. Today we have completed the first theme.. Welcome to Fresh Little Minds Relax & Regulate.

The video will take ten minutes and whilst it is playing you can colour in your passports. If you finish earlier, you can relax by resting, sleeping, enjoy some quiet time or you can sit back and watch the video and listen to the sounds, words and music that was written especially for you.

You may like to get cosy, find a space on the floor, wrap yourself up in a blanket. This is time for you.

You will hear a chime at the beginning of the video – we need to listen out for it. When you hear that chime you will know that it is time to begin. You will then hear the same chime again at the end – this is how you know that the colouring and relaxation time has come to an end and it will be time to get ready for the day ahead.

Lets get ready with our passports, our colouring pens and get cosy.

And lets begin...shhhh....

Play Video Passports

END of LESSON 4 – Move to lesson 5