

Theme 2: Welcome to the Relax & Regulate Programme

Lesson 5 – What is energy?

Learning Objectives / Key teachings:

- Understand what is Body Energy.
- Stimulating and moving stuck or heavy emotion/energy.
- Teach children to mindfully connect and be aware of their physiology and bodies.
- Learn how energy moves through the body and can make us feel physically & emotionally.
- Learn how energy can get stuck in different places in our bodies.
- Learn how to un-stick energy - releasing stuck energy helps get you ready to relax.
- Learn how our energy can change the way we feel (our feelings).

Resources

- Activity - Shake it out
- Activity - Stretch it out
- Activity - Breath it out - Flower & Windmill
- Activity - Speak it out/Voice – AEIOU
- Slide/PDF Relax Motto

Lesson Plan

Educator Question.

Q. What does AMBER stand for?

Q. Tell me your favourite part of the RELAX Motto.

In this lesson you will **energise** your class, releasing stuck energy and get ready to RELAX. These exercises will be repeated throughout the programme and it is key to build familiarity with the children by using them regularly outside of the mirco sessions.

Introduce the lesson and **Play Video 5** - What is Body Energy?.

Exercise 1: Shake, Stretch, Breathe, Speak sequence (5 mins):

1. SHAKE IT OUT - body

2. STRETCH IT OUT

3. BREATHE IT OUT

4. SPEAK IT OUT / VOICE REGULATION

NOTE: during this sequence:

- Be both loud and quiet.
- Highlight different children and lead the shake out using all the different body parts.
- You can REPEAT the exercises so the children become familiar with the sequence.

Exercise 2: Class discussion (3 minutes)

Q. How did each of the activities make you feel?

Q. Which one of the activities helped you to **RELAX** the most?

Exercise 3 - Energy in our bodies (3 Minutes)

Ask some class members or the whole class. '*Where is the stuck energy in your body today?*' Ask them to point/touch the body and shout it out.

Q. How does stuck energy make you feel?

Q. Where does energy come from?

Q. What do you need to give you energy?

Using the energy explanation to help the children understand about body energy.

Exercise 4 - The Relax Motto (1min)

Recap the Relax motto with different children saying each line and doing the actions.

End of Lesson – Move to Next Lesson