

Theme 2: Ready To Relax

Lesson 6 – Colour Energy

AMBER ELEMENTS COVERED



Learning Objectives / Key teachings:

- Learn about Energy in your body and describing it as a colour.
- Using this to give children additional vocabulary to help describe their emotions/feelings.
- Helping children have their voice heard.
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Resources

- Activity - Feelings in your Body PDF
- Activity - Energy Rainbow Poem
- Activity - Energy & Body Colour list
- Activity - Body Map, Coloured pieces of card and Blue Tack
- Activity - Energy Check In

Lesson Plan

Educator Question.

- Q. Name the 4 ways you can use to move stuck energy?
- Q. Who can remember what AMBER stands for?
- Q. Who can remember the RELAX motto?

Introduce the lesson and **Play Video 6** - Colour Energy.

Exercise 1: Feelings and your body (7-10minutes)

Display PDF on IWB or classroom wall and prepare emotions/prompt cards (if needed)

Go through the sequence.

- Q. What is this Emotion/feeling?
- Q. Where in the body would we feel this?
- Q. What colour do you think this feeling might be?

If you don't complete all of the feelings you can revisit this exercise at any point.

Once completed, ask the class;

Q. What colour do you think of when you relax?

Listen to the responses

Then ask the children to tell you an emotion, its colour and where they feel it. (choose whole class or identify volunteers) Demonstrate by saying:

'When I am (name the feeling/emotion) its colour is (name the colour) and I feel it in my (name the body part)'

Exercise 2 : Listen to or read the Energy Rainbow Poem. **(5 mins)**

Ask children to close their eyes. 'So now I'm going to read you a poem about how energy can be like a colour and what those colours might feel like in your body – so it's time to get comfortable on your chair.....'

NOTE: Take your time and read slowly so that the children hear each couplet.

The colours help children focus and concentrate on their ability to isolate body parts.

Q. What does the poem make you think of?

Q. What colours do you see and feel in your body as we read the poem?

Q. What sensations/feelings were you having?

Exercise 3 - Energy Check In (3 minutes)

Use an '**Energy Check In**' to gauge where your class energy is:

1. Go around each class member and ask what colour energy they have and where they feel this in their body?

'I've got Blue in my neck, I've got red in my belly....'

This builds a culture of you allowing children to check in and express where their energy is, so you can pick up on any stuck energy in any children and address through an **Anchor** or **Move** exercise.

2. Use a drawing of a human figure and have a series of coloured shapes/cards and blue tack beside them. Ask the children to choose a coloured shape and stick it on the body where they feel their energy is today.

NOTE: You can use an '**Energy Check In**' to monitor children who might need extra support.

End of Lesson – Move to Next Lesson