

## Theme 2: Ready To Relax

### Lesson 8 – Big and Small Energy

#### AMBER ELEMENTS COVERED



#### Learning Objectives / Key teachings:

- Learn how everyone has different energy at different times.
- Emotion = Energy in Motion
- Nurturing imagination through play.
- Learn what types of energy are in the body.
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#### Resources

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#### Lesson Plan

#### Educator Question.

- Q. What do we do in the MOVE sequence?
- Q. What colour is our Energy?
- Q. Where is the energy in our body?
- Q. What type of Energy do you have in your body today?
- Q. What is relaxing?
- Q. When do you use breathing activities?

Today as part of our Fresh Little Minds Relax we are going to explore your big and small energies. We know that emotions flow as energy around every part of our bodies all the time, they can have a colour and can get stuck but they can also be big and be small too.

**Play Video 8** - Big & Small Energy.

**Exercise 1:** Energy Check In **(2minutes)**

**Exercise 2:** The **Move Sequence** OR choose a favourite from Shake - Stretch - Breathe - Speak **(2minutes)**

**Exercise 3: Class Discussion**

Ask a question and listen to the responses

Q. When do you feel Big energy in your body?

Q. When do you feel Small energy in your body?

Q. Who has big energy right now?

Q. Who has small energy right now?

Q. When might your energy change from Big to Small or Small to Big?

**Exercise 4: Energy Ball Game (3 minutes)**

Play the energy Ball game changing the energy of the object as and when you like so that children all get to imagine different energies

Q. What was each of your energies like when playing the game?

**PASSPORT page (7 minutes)** - we have completed our Ready to Relax theme its time to complete the next page in the passport. 'I've Got Energy'- Colour in listening to Beautiful Child.

**Exercise Extension:** Read or listen to Energy Rainbow Poem while the children complete the passport page.

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

So we have completed the **Ready to Relax** part of the programme next up is: **Move, Move, Move.**

**END of Lesson 8.**

**End of Lesson – Move to Next Lesson**