

# Theme 2: Ready To Relax

## Lesson 8 – Passport – Ready To Relax

AMBER ELEMENTS COVERED  
WITHIN THIS LESSON



### Learning Objectives / Key teachings:

- Children benefit from time out to reflect on their learning of this theme
- Children benefit from the mindful practice of colouring
- Children will have facilitated personal time out with the restorative benefits from resting, sleeping or gentle sensory stimulation

### Resources

- PDF or physical Passport page (Ready To Relax)
- Colours/pens/crayons
- Passport Video

Other things:

Blankets, Pillows, Fidget Toys, Books etc

### Lesson Plan

**Educator Questions.** This our passport session we think about what we have learned so far in this theme...

Do you remember how this works?

- We get our passports and colouring pens ready
- We complete this activity alone
- We quieten our bodies and get comfy
- Once we finish colouring we can rest, snooze or watch the video
- The chime tells us that we can get going
- When we hear the chime after 10 minutes it is telling us that it is time to get ready for what comes next in our day
- And lets begin...shhhh....

**Move to next theme**