

Session Overview – Year 4

Emotional Literacy

Feeling Angry

Anger is a normal feeling, but it may cause us to feel overwhelmed and feelings of guilt. In this session we will discuss exactly what anger is, what makes us feel angry and how it can impact our mental health.

Worry Monster

Talking can be one of the best ways to alleviate feelings of worry, yet one of the hardest things to do. This session employs the well-known worry monster to help students feel comfortable talking about worries (big or small).

Self-Esteem

Safe Place Visualisation

Visualisation can be useful for when we feel a need to ‘escape’ a situation and switch our focus. Our safe space can be anywhere, but we will facilitate and help guide students and support them to use visualisation practically.

Superheroes

Focusing on our strengths, we will create our own superheroes based on our strengths or qualities that we like about ourselves. When we experience low self-esteem, we often focus on the things we don’t like about ourselves. This fun activity is hopefully something students will feel like they can revisit should they need a self-esteem boost.

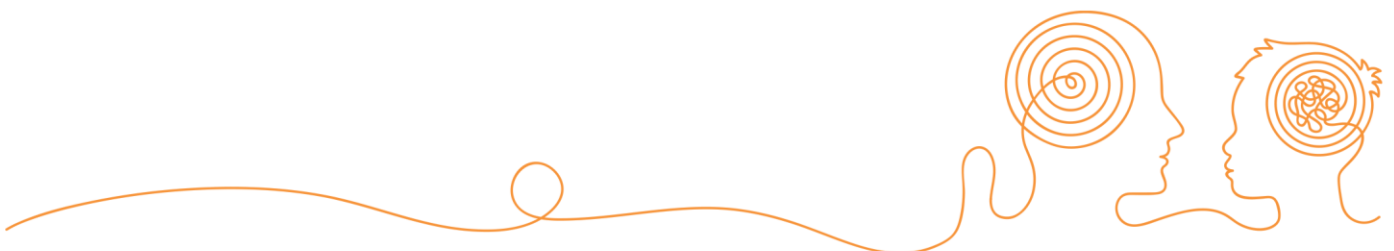
Positive Relationships

Friendship Soup

Each student will become a chef whilst also working as one big team to create the ultimate ‘friendship’ soup. As an individual, each student needs to consider what are their 3 most important ingredients to make the best friendship soup possible.

Working as a team

Whilst completing some fun team building activities, we will think about why it is important to be able to work with people you don’t always like. Why it’s important to listen to our peers even if we disagree and how it can support our mental health having a community around us to help with challenges we face.



Coping Skills

Happiness Jigsaw

We will focus on what makes each individual happy by completing a jigsaw piece. As a class we will put all our jigsaw pieces together to create one big picture of the different things we can do to feel happy. Also, a form of idea sharing but in a fun way.

Breathing Techniques

This session will cover a variety of different breathing techniques. In groups, the students will focus on one breathing technique then be challenged to teach the rest of the class what they have learnt and how to do this one. By the end of the session, students will have learnt a variety of techniques whilst also learning how to teach someone else who may need support.

