

Lessons- Bubble Breathing/ Feeling Scared or Afraid/TALK, WALK, TELL

Aust Curriculum v8.3	Resources
<p>Personal & social capability continuum Self-Awareness: Recognise emotions- recognise and identify their own emotions; identify a range of emotions and describe situations that may evoke these emotions Develop reflective practice- recognise and identify participation in or completion of a task Self-Management: Express emotions appropriately- express their emotions constructively in interactions with others Social Awareness: show an awareness for the feelings, needs and interests of others Social Management: respond to the feelings, needs and interests of others</p>	<p>Be Brave, Be Confident Book p. 16-19 Songs: If You're Happy and You Know It Bubble Breathing p.17 Water, cups & straws &/or bubble blowers and mixture &/or pinwheels. (Appendix 15) TEA TOWELS for spillage!!!! Smiley ball Stories: I'm Not Scared – Jonathon Allen Or A Book About Scary- Danny Katz & Vane &/Or Stop Picking on Me! by Pat Thomas TALK, WALK, TELL Poster (or p. 18) Body Signs Poster (or p. 15) I feel Calm Pose –Appendix 4 p.27</p>
<p>Learning Intention: To learn how to do 'Bubble breathing,' sing the 'Bubble Breathing' song, learn the 'I feel calm' pose and decorate the Bubble breathing page. Songs: Hello and If You're Happy and You Know It Bubble Breathing: Show them the 'Bubble breathing' page 16-17 We can help calm ourselves down quickly by changing the way we breathe. Practise breathing through your nose and slowly out through your mouth, put hand on tummy feeling it rising when you breathe in, and falling when you breathe out. Song: Bubble Breathing p.17</p> <p>Give each child a straw for their drink bottle or 1/3 cup of water, &/ or bubble mixture and blower outside. (Can also be done with a pinwheel- made now or before Appendix 15 p.38-39 or bought!) Breath using your straw/ or bubble blowers or pinwheel- in through your nose, out gently through your mouth -they get it right if they make gentle bubbles without spilling any water/ they blow bubbles or turn the pinwheel. When we feel angry, sad, upset or very excited, it's great to breath SLOWLY 10 times in a row, the slower the better to calm you down. Practise a number of times. Have competitions - who can blow bubbles for the longest, blow the most bubbles etc. Drink some of your water! This is also good for you.</p> <p>Learn the 'I feel calm' pose. (instructions App 4, p.27) Look at and colour p.16-17 Success Criteria: I sang the song, I joined in with circle time, I did 'Bubble breathing,' with and without a drink bottle/ bubble blower, did the I feel calm pose, coloured the pages.</p>	
<p>Learning Intention: To read a story, revisit feelings poster, talk about things that make students scared and ask them to draw them. Teach the TALK, WALK, TELL strategy. Song: Hello Roll: Ask 'How are you feeling today.....?' Song: Bubble breathing Song Story: I'm Not Scared – Jonathon Allen or Stop Picking on Me! by Pat Thomas Look at Body Signs poster- what things might have happened to 'owl's' body during his walk in the forest? Think of times you have felt any of these feelings. (in the dark, if someone is shouting or being mean, deep end of the pool, going somewhere new, staying overnight, getting into trouble, eating new food, meeting new people, trying something new, etc. A Book About Scary- Danny Katz & Mitch Vane has lots of examples Pair/Share: Talk about times you have felt scared or worried about something, share one. p 19.- Draw times when you have felt worried or scared. (Write what they have drawn)</p> <p>Circle: Look at TALK, WALK, TELL poster and go through it. Sometimes just saying STOP will help calm your feelings. Have them stand in a circle and 'act out' the words: TALK -Put their hand up and say, 'Stop I don't like that.' In a firm but not angry or timid way. WALK – Pretend to walk away by walking on the spot TELL – Pretend to tell a teacher or adult Getting help is cool in a KidsMatter school.</p> <p>Success Criteria: I listened to a story, feelings poster, talk about things that make them scared and drew them. I joined in the TALK, WALK, TELL strategy.</p>	



