# **Lesson Plan 2**

|  | **Session:** Emotions Game | **Year Group:** Year 6/ Year7 |
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| **Area of Learning:** | **Learning Objective:** I can recognise that others have the same feelings/emotions as me. | **By the end of the session the children will have:**Recognise that other children in the class have similar feelings/emotions about going up to high school. |
|  | **Progression of Learning and Teaching: Key Teaching Points.** |
| **Introduction:**5 mins | Explain to children that they are going to play a game, the game involves them recognising that everyone has similar feelings about going to high school even if they don’t say anything. Remind children in this game there are no right or wrong answers and everyone should feel comfortable to express themselves.Everyone will write on a post it note, they will write about what they are worried/excited about going up to high school. All the post it notes will go in jar/box. Then an adult pulls one out a time and reads out loud. Children will move to the A4/A3 signs with the emotion they feel on. | **Resources:** Post it notesBig jar/box3 pieces of A4 with; ‘Excited’, ‘Nervous’, ‘Not sure’ written on (one word on each piece of paper). |
| **Activities:**5 mins10 mins | Give all children a post it note. Ask them to write on the note, anything they are worried or excited about in regards to going to high school.Whilst children are doing this, place the A4 paper around the classroom/hall or outdoor area. Make sure you have 1 of each ‘Nervous’, ‘Excited’, and ‘Not sure’.Place all post it notes in jar/box.The adult picks out a post it note and reads out what the child has written, ask children to move to the sign that reflects how they feel about the scenario/situation that has been written.Remind children that there is no wrong way to feel about a what has been written on the post it. Encourage children not to follow their friends.Repeat for as many times as possible. | **Key Questions:** How do you feel in this situation?Are you nervous, excited, not sure?How can we help each other?Is anyone feeling the same way?**Key Vocabulary:** Emotions, feelings, nervous, excited, not sure, high school |
| **Plenary:**3 mins | Ask children what they realised about how they feel, have they noticed others feel the same way?Encourage children to share strategies they may use to help them. | **Differentiation:**Some children may need a lot of reassuring and support in understanding, if another adult available use them to support children who need extra support. |