



SESSION PLAN

DATE/TIME.....

SCHOOL.....

CLASS? **P1-3 P4-5 P6-7**

INTRODUCTION WARM-UP

**personal introduction & outline of session
ground rules & signposting for further support**

music & movement to inspire (music - Get Back Up Again)

Time.....10 mins...

LINK TO SCHOOLWORK

?? - returning to school after 2nd lockdown/Easter break

MAIN ACTIVITY

**how do you feel today/being back at school? _____
how did you feel during lockdown/being back off school on hols?
how do you think others at home with you felt, then & now?
volunteers to act out any particularly memorable scenes?
- exploring the words, facial expressions & body language
- complete "Reflecting on Lockdown" resource sheet**

**imagine you are a parent or grandparent in the future
tell your child all about your experience of Covid 19
the "child" can ask questions or discuss their thoughts too
- in pairs - swap roles after 10 mins - exploring & noting how
everyone's experience will be different or perhaps significant**

Time.....40 mins.....

WIND DOWN ACTIVITY/COOL DOWN

**movement to work through emotions explored
(music - Shake it Off)**

Floor exercise - mindfulness to relax

Time.....10 mins.....

(music - Break Time)

RESOURCES

flip chart & pens

Pre-written keywords: *happy, sad, upset, angry, excited, comfortable, scared, uncomfortable, nervous, worried, confused, embarrassed, ashamed, bored, silly, grumpy, confident, calm, proud, jealous, nervous*
"Reflecting on Lockdown" activity sheets

LEARNING OBJECTIVES

exploring, recognising and describing different feelings within themselves & others whilst expressing feelings about Covid-19
using music to focus, motivate & enhance mood
using movement to music to encourage creativity & self-expression
ideas sharing & teamwork
using relaxation/mindfulness to create calm, balanced state of wellbeing

EVALUATION

via observation & assessing "Reflecting on Lockdown" activity sheet

LINKS TO CURRICULUM FOR EXCELLENCE (Experiences & Outcomes)

Health and Wellbeing

I am aware of and able to express my feelings and am developing the ability to talk about them.

HWB 0-01a / HWB 1-01a / HWB 2-01a / HWB 3-01a / HWB 4-01a

I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.

HWB 0-04a / HWB 1-04a / HWB 2-04a / HWB 3-04a / HWB 4-04a

I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances.

HWB 0-03a / HWB 1-03a / HWB 2-03a / HWB 3-03a / HWB 4-03a

Expressive Arts

Inspired by a range of stimuli, I can express my ideas, thoughts and feelings through creative work in dance.

EXA 0-09a / EXA 1-09a / EXA 2-09a

I have opportunities to enjoy taking part in dance experiences.

EXA 0-10a

Inspired by a range of stimuli, I can express and communicate my ideas, thoughts and feelings through drama.

EXA 0-13a / EXA 1-13a / EXA 2-13a

I use drama to explore real and imaginary situations, helping me to understand my world.

EXA 0-14a

I can respond to music by describing my thoughts and feelings about my own and others' work.

EXA 0-19a

Inspired by a range of stimuli, and working on my own and/or with others, I can express and communicate my ideas, thoughts and feelings through musical activities.

EXA 0-18a / EXA 1-18a / EXA 2-18a

NOTES

