

Friends & Feelings - Session 2 - Big Feelings and Body Clues

Introduction

These discussion questions are provided as suggestions to assist teachers to deepen the students comprehension of the content that has been taught as part of your schools Life Ed visit. The Booster Session discussions integrate a variety of question styles to engage learners; by activating prior knowledge, revisiting new knowledge and extending understanding by posing open-ended questions. The booster sessions can be used in a couple of ways after the Life Ed visit. Teachers may like to watch the video in full and use the discussion points as a summing up activity. Teachers may also like to stop the video throughout to pose questions, or respond to student ideas and questions.

Note:

Life Ed is committed to child safety, health and wellbeing. We want all children to be safe, happy and empowered. When learning about these important ideas and topics, teachers are reminded to follow your school's Child Protection Policy to ensure that classrooms are a safe learning space.

Being nervous, worried, scared, excited, surprised, and other big feelings are all completely normal. Our body gives us little clues, so its really important to pay attention to them.

How can body clues let us know when we are feeling a little off.

(Hands shake, breathing speeds up, the heart beats faster, goosebumps, butterflies in stomach, clammy hands, sweating)

From time to time we all have big feelings. Sometimes they are useful, but not always and we can say or do things we don't me. it's ok to ask for help if you can't shake your big feelings.

Harold's friends are displaying some big feelings but managed to solve the problem.

Why is it important to say sorry and try and solve problems with your friends and family?

(independent responses will vary) (open ended)

Practising mindfulness is a great way to try and calm down if we ever have big feeling.

What are some activities you like to do to calm down and look after your wellbeing?

(independent responses will vary but may include; meditation, reading a book, exercise, playing with pets, blowing bubbles deep breathing) (open ended)