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| Year groups: KS1 & KS2  |   |
| Curriculum area: PSHE   | Focus of lesson: Low mood and depression                            |
| <b>National Curriculum Reference:</b><br><br>Pupils should know:<br>H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good<br>H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it |   |
| <b>Learning Objective(s):</b><br><br>- To discuss how our brains help us to think, memorise things and react to danger<br>- To be able to identify key adults and activities that support us when we are feeling low  | <b>Assessment Strategies:</b><br><br>- Group discussion<br>- Poster |
| <b>Resources:</b><br><br>Sticky notes, Paper, colouring pens, pencils   |   |

| Time    | Teaching and Learning Activities<br><br>Key Questions and Vocabulary   | Support and Challenge   |
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| 5 mins  | Watch video: <a href="#">Anxiety - YouTube</a>   | Here are some resources to look at to aid understanding:<br><b>Books for KS1:</b> |
| 15 mins | Discuss the roles of the elephant, meerkat and owl. Activity – Elephant, meerkat and owl game - <a href="#">Meerkat, Elephant &amp; Owl game (Breathe Education) – Breathe Education (breathe-edu.co.uk)</a>   | 'Giraffes can't dance' – Giles Adreae   |
| 5 mins  | Discussion – Talk about how it's okay to have feelings that make us feel low and explain that there are things we can do to make ourselves feel better. It's important for us to remember these things because they can help us in times when we feel sad. | 'The nervous knight' – Anthony Lloyd Jones  |
| 15 mins | Watch a video about the character Mojo and discuss his big feelings and what he could do to overcome them: <a href="#">Mindfulness for students - Activity #1 - YouTube</a>  | 'Worrysaurus'- Rachel Bright<br><br>'Wilma Jean the worry machine' – Julia Cook   |
|         |  | <b>Books for KS2:</b><br><br>'Guts' - Raina Telgemeier,                           |

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| 20 mins | Activity – Complete things about me activity sheet: <a href="https://www.breathe-edu.co.uk/files/2017/06/Low-mood-Depression-Things-about-me-1.1-1.pdf">Low-mood-Depression-Things-about-me-1.1-1.pdf (breathe-edu.co.uk)</a> – Chn can either write in each box or draw pictures | 'Outsmarting worry' - Dawn Huebner   |
| 5 mins  | Plenary – Share some of the posters   | 'Duke's journey of courage' – Tanya Lindsquist<br><br>Breathing techniques: <a href="#">Bring It Down - Flow   GoNoodle - YouTube</a><br><br><a href="#">Rainbow Breath - Flow   GoNoodle - YouTube</a><br><br><a href="#">Melting - Flow   GoNoodle - YouTube</a> |