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## INTRO TERM – LESSON 3

### Term Theme

Introduction to Connect

### Focus DNA-V Skill

Noticer

### Lesson Resources

- Lesson PowerPoint.
- Audio File or Script: *Body Scan*.
- Lesson Handouts: *Drawing My Noticer* or *Colouring My Noticer* (differentiated activity)..
- Felt pens and/or paints/arts and crafts cutting materials.
- Discoverer, Noticer and Advisor KS1 characters (*'table top' characters are available to download from the [Toolbox](#). Alternatively, teachers may wish to create their own characters*).

### Success Criteria

- I can describe how it feels in my body when I practice a body scan.
- I can engage in a short Noticer activity and describe some of my experiences of doing so.
- I can think about and draw what my Noticer might look like.

### Learning Objectives

- To use my Noticer skills to describe how parts of my body feel.
- To understand what is meant by the term Noticer in DNA.

### EYFS Early Learning Goals

- PS&ED: “*Show an understanding of their own feelings and those of others*”.
- EA&D: “*Safely use and explore a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function*”.

## Starter Exercise

5 mins

### Let's Pause: Body Scan

Invite your students to prepare for a guided mindfulness exercise by lying down or sitting up in their chairs (depending on space) and gently closing their eyes.

Play *Body Scan* audio file or read script.

**Enquiry** (giving praise and recognition for demonstration of any examples of DNA skills, including noticing the tendency of the mind to wander):

- What did you discover with the body scan? How is your body feeling today?
- What did you notice when you stopped to see how your head, shoulders, tummy, knees and toes were feeling today?
- Was this pleasant or unpleasant?
- What feelings, thoughts or sensations did you notice? Did you notice any tense spots?

## Teacher's Introduction to the Lesson

15 mins

**Opening discussion about the Noticer**

Open the Lesson PowerPoint. Remind your students about the Term Theme (Introduction to Connect). Click to next PowerPoint slide ('Learning Objectives') and read out the LOs to the class.

Remind the class that in last week's lesson, we started to learn about our Advisor skills. Ask if they can remember what particular skills the Advisor stands for (e.g. the advice-giving part of our minds, sometimes helpful, sometimes not so helpful, to keep us safe).

Click to next PowerPoint slide ('DNA'). Tell the class that the DNA skill we are going to learn about in today's lesson is the Noticer.

Introduce the Noticer by explaining that we can notice things around us and inside us. Discuss with the group:

- We can notice our feelings inside our body and we can also notice things around us. What are you noticing right now?
- What are our five senses? (sight, hearing, taste, touch, smell)
- How do they help us notice what is around us?

### Let's Play: Noticing Our Senses

Click to next PowerPoint slide ('What are our 5 senses?'). Explain to the group:

- We're going to practice our noticing skills now, put your hand up if you can notice something green? (Ask various children what they noticed, which sense they used etc.).
- Who can find something soft to touch? (Allow children to move around the classroom if needed, ask what they found, which sense they used).
- Now ask everyone to sit down and close their eyes for 1-2 minutes, notice how many things they can hear or smell. What's the furthest away thing they can hear? (You can ask the group what they heard once they have their eyes open).
- Now when they open their eyes ask them to see what the first thing they notice is when they open their eyes.

## How we can usefully apply our Noticer skills

Examples of possible Noticer specific questions to draw upon:

- Can you think of a time when you found noticing something in the environment was useful? (e.g. smell of toast burning, noticing a dog poo to avoid, hearing someone ask for help, feeling something was too hot etc.)
- Can you think of a time when you noticed how you were feeling?
- Can you think of a time when doing a body scan could be helpful?

### Activity: Drawing My Noticer

10 mins

Click to next PowerPoint ('Drawing my Noticer'). Explain to the group:

- Our Noticer helps us notice what is happening in the world around us and what is happening inside us – like our thoughts, feelings and sensations.
  - Take a moment to think about what your Noticer might look like. Do they have hair? What kind of shoes might they be wearing? What colour clothes do they have? Are they tall?
  - Pass around the lesson handout: *Drawing My Noticer* or *Colouring My Noticer* (differentiated activity).
  - We're going to draw/colour our Noticers, and some of you might want to think about what they might be noticing in the picture.
  - Once the class have taken time to draw the features of their Noticer's then they can add colour (It's up to the teacher if they want to make this a painting activity, or cutting and sticking, or just colouring).
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