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TERM 3 – LESSON 4

Term Theme

Give To Others

Focus DNA-V Skill

Noticer

Lesson Resources

- Lesson Powerpoint.
- Audio File or Script: *Give Myself A Hug*.
- Lesson Handout: *A Picture For Someone Special* (or a piece of blank paper for each student).
- Discoverer, Noticer and Advisor KS1 Characters.
- Student and Teacher Emotion Wheels.

Success Criteria

- I can give myself a hug and describe how it feels.
- I can smile when someone smiles at me.
- I can think of someone that has made me smile and say Thank You by drawing or painting them a picture.

Learning Objectives

- To use my Noticer skills to discover how it feels to give myself a hug.
- To use my Advisor skills to think about how I can Give To Others.
- To use my Noticer skills to spot when someone gives me a smile.
- To use my Advisor skills to think of someone special that makes me smile.

EYFS Early Learning Goals

- PS&ED: *"Form positive attachments to adults and friendships with peers"*.
- PS&ED: *"Show sensitivity to their own and to others' needs"*.
- PD: *"Begin to show accuracy and care when drawing"*.

Starter Exercise

5 mins

Let's Pause: Give Myself A Hug

Invite your students to prepare for a guided mindfulness exercise, sitting up straight with their eyes on you for the demonstration.

Play *Give Myself A Hug* audio file, or read the 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 notice?
- Was this pleasant or unpleasant?
- What feelings, thoughts or sensations did you notice?

Reflection and Celebration

5 mins

Reflection Question:

(Holding up Advisor character) *"In our last lesson, we focused on our Advisor while learning about Giving To Others by sharing. Our main activity was 'Sharing is Caring'. Did anyone Notice times they shared with others this week? What did you do? How did it feel? How did the other person feel? Did you notice your Advisor helping you to decide whether to share or not?"*

Celebration (and reinforcement of key wellbeing skills):

Allow a few minutes for some responses to the above questions. When students' responses include behaviours and skills directly related to the relevant Term Theme and the relevant DNA focus skill:

- Provide verbal praise to reinforce the skill.
- Ask students what they noticed as a consequence of doing this (in order to help them connect with the positive consequences of their actions).

Consider making a brief note of any particularly strong examples shared by students as you may choose to give them one of the end-of-term DNA awards.

Noticer Check-in:

Ask the class to pause and notice *"What's going on inside me today? How am I feeling?"* (Children can turn the arrow on their emotion wheel to how they are feeling in this moment and hold it up to show you. We would advise the teacher to use their wheel too with some current, yet gentle self-disclosure of how they are feeling, e.g. "I feel hungry because I didn't have much breakfast").

Teacher's Introduction to the Lesson

10 mins

Opening discussion about ways in which we can Give To Others

Open the lesson Powerpoint. Tell the children the Term Theme (Give To Others) and tell them the DNA focus skill for today's lesson (Noticer). Click to next Powerpoint slide ('Learning Objectives') and read out the LOs to the class.

Click to next PowerPoint slide ('How do I feel when I give to people I care about?') Ask the class to think about:

- What do I give to others that is free?
 - How do you show people you care about that you love them? (hugs, share, help, give a compliment)
 - If you give your time to help, what do you do? (help with chores, listen, play with others)
 - How about any pets or animals? (stroke them, play with them, feed them)
 - What do you do when you don't need something anymore? (donate to charity, give to siblings).
 - How does it feel to give to others? When do you find it easy or hard?
 - How does it feel to give up toys that you used to really enjoy playing with?

Let's Play: Pass The Smile

Step 1: Click to next PowerPoint slide ('Pass The Smile'). Arrange the group to stand or sit in a circle where they can see everyone. Hold the Noticer character. Explain:

"We're going to try and pass the smile around the room. I will look around and if you notice me smile at you I'd like you to smile back and then I will pass you the Noticer. Then you can look around and choose one person to smile at and when you notice them smile at you, pass them the Noticer."

Step 2: Once the class have the hang of this, you can bring a second Noticer toy into the circle so there are two different 'smiles' travelling round. The aim is for everyone to be smiling or even laughing.

How can we apply our DNA skills to give to people we care about

Examples of possible DNA specific questions to draw upon:

- **Noticer:**
 - When you help people you care about, how does it make you feel?
 - What did you notice in the room when playing the Smiling game?
 - How did you feel passing the smile around the group?

Activity: A Picture For Someone Special

10 mins

Step 1: Click to next PowerPoint slide ('Who Is Special To Me?'). Ask the children to think of someone who is really special to them, and how that person makes them feel. Can they remember the last time that person made them smile? What did they do? (Told them a funny joke, gave them a hug, played a game, sang a song, danced together). In partners, ask the class to swap stories.

Step 2: Take a few moments for the class to share the stories they heard from each other. Ask a selection of the partners to retell the story they heard, asking them questions like:

- Who was their partner's special person?
- What story did they share?
- Did they notice how their partner felt when they described the story?

Step 3: Pass around the lesson handout: *A Picture For Someone Special*, or a sheet of blank paper for each student. Explain they can take some time now to draw or paint a picture for the special person they just described to their partner. They can think about what that person likes, and what might make their special person smile. Once the picture is complete they can take it home and give it to their special person (where appropriate).

Enquiry (giving praise and recognition for demonstration of any examples of DNA skills)

- You've just thought about how it feels when someone is kind to you! And what you can do to say thank you. What do you think will happen when you give your picture to them? How do you think they might feel? How do you think you will feel when you give them your picture?
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