



iSpace®
Wellbeing

Lesson 1: Managing our emotions and our responses

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Lesson One: Managing our emotions and our responses

For teachers, parents and children (Age 7-11)

Key words and points:

Rocket Launch

Rocket Land

Amygdala (the part of the brain for survival mode/fight, flight, freeze)

Prefrontal Cortex (the part of the brain for decision making)

Fight and Flight

Emotional feelings

Physical feelings

Niggle (little worry)

Stressor (big worry)

5 and 9 breathing

Activity:

Draw a rocket with Fight and Flight in control of the control panel. Imagine where they might take you to. You could draw your own galaxy of planets showing a number of possibilities. They might take you to Planet Arguments, Planet Fall Out or Planet Grumpy - you decide.

Draw a rocket with your breathe brain in control of the control panel. Imagine where it might take you to. You can create your own galaxy of possible planets or you could use the iSpace Wellbeing galaxy. It might take you to Planet Happiness, Planet Problem-Solving or Planet Confidence for example- again you decide.

Draw a rocket and in the rocket windows draw the faces of the people who you feel could help and support you to Land your rocket.

For older children, see it you can spot when someone else's rocket is about to Launch.

What are the emotional and physical signs that you can see in someone else when their rocket might be fuelling up and preparing to Launch?

If it has Launched can you prompt them to Land their rocket and teach them how to do this using their breathing?



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