



Emotional Resilience Lesson for Years 3 and 4

Sample lesson from Partnership for Children's Skills for Life Programme 'Apple's Friends'.



Objective

To practise generating and choosing solutions which can help children to cope with difficult feelings and situations, for themselves and others in order to promote resilience.



You need

- Golden Rules Activity Sheet
- Apple Tree Activity Sheet
- Two Apple Cards for each child – print them on red or green paper and cut them up before the session
- Blue Tac
- Large outline of a tree drawn on a big poster/whiteboard

Starter

- What is good for you today? In pairs, pupils ask what is good for their partner today, something that has made them happy or something they are looking forward to. Ask the pupils whether any of them want to tell the class what is good for them today.



Introduction and agreement

- Tell the pupils that today we will be talking about all sorts of feelings, and in particular, what we can do to help ourselves feel better when we have difficult feelings, how others can help us and how we can offer help to them.
- Refer to your schools PSHE agreement or other relevant rules for running open and confidential lessons. Alternatively, ask the pupils to suggest some rules for the session that will support everyone to feel comfortable e.g. you only have to speak if you want to, one person speaks at a time, we only say nice and positive things to each other. Talk about why these are helpful rules to have in the session.



Activity 1: My Apple Tree

- Give each pupil one sheet of My Apple Tree.
- Write on the board: 'What can I do to make myself feel better?' Describe a time when you had a difficult feeling and tell the pupils what you did to make yourself feel better. Write that idea on one of the apples on your example tree. Show the class.
- Ask the class to think about when they had a difficult feeling, and then to think of two things they could do to make themselves feel better. Tell them to write or draw their two best ideas on two of their apples. Show the Golden Rules and remind the pupils that their solutions must obey the Rules.
- Write on the board: 'What do I want other people to do to make me feel better?' Tell the class about one thing that you wanted other people to do when you had a difficult feeling, and write it on an apple on your tree. Ask the pupils to think carefully about what they would like other people to do to make them feel better when they have difficult feelings. Tell them to write their two best ideas on two of their apples on their tree, below the first two apples. Each tree should now have ideas written on all four apples.
- Tell the pupils to pick up their apple trees and walk around the classroom in any direction until you clap your hands. When they stop, tell them to turn to the child next to them and show them their apples.
- Once they have finished discussing their four apples, they should raise their hand and look for a new partner who also has their hand up.



15m



Activity 2: Our Apple Tree

- Once everyone is back at their tables, give out two apple cards each.
- Write on the board: 'What can I do to help other people feel better?'
- Display the large outline of Our Apple Tree where all the pupils can see it. Take one apple card and write 'Listen' on it. Show the class and stick it on the tree.
- Ask the pupils to think of someone they know, to whom they could offer help, e.g. a friend or a family member. They should think carefully about what they can do to help that person feel better, and to write their two best ideas on their two apples.
- Pupils who wish to share can tell the class what is written on their apples and stick them on the big tree. Ask each child to come to the front, say what they have written on their apples and then to stick them on the big tree.
- When the tree is covered with apples, discuss with the class if they think these ideas would be helpful to others who had difficult feelings. Tell the pupils that the tree will remain on the wall to remind everyone what they can do to help people who are having difficult feelings so we can all support each other to be resilient.

5m



Reflection

- In pairs, ask the pupils to briefly tell their classmate whether they enjoyed the session and how they are feeling at the end of it.

For more information about Partnership for Children's *Apple's Friends* programme please visit www.partnershipforchildren.org.uk