

The Sophie Says Safe Corner Lesson Plan

Aim: An interactive and personal lesson to help get KS1 children to both understand their feelings and to feel safe talking about them.

Success Criteria: Successful completion of this lesson plan would be if each child:

- Recognises and is able to relay the different feelings on the feeling cards
- Tries the safe corner to help get them used to it
- Tries to talk about their feelings in the safe corner

Preparation:

- Ahead of the lesson/session, download, print and carefully cut out the Safe Corner resources (you may also want to laminate these)
 - ✓ Cut-out of Sophie (Stick these on the wall of your chosen Safe Corner)
 - ✓ Safe Corner signs (Stick these on the wall of your chosen Safe Corner)
 - ✓ Feelings cards (2 x pages featuring different emotions)
- The day before you are going to do this lesson plan ask each child to remember to bring something to the corner that makes them feel safe/happy.
- Print off as many copies of the worksheets as you'll need as when some children are visiting the Safe Corner the other children can work on the worksheet.
- Make sure there are comfy places for the child to sit (chairs/beanbags).



Main activity:

Stage One: Setting up the Safe Corner

Tell the child(ren) that today you are going to learn about feelings, then play video 1 which can be accessed [here](#) where Sophie explains how the lesson will work. Once the video has finished ask the children what they learned, then ask if they are excited to learn about all the different feelings and which ones might match their own.

Get out the feelings cards and hold them up and see if they can read/notice what each feeling card represents. Hand out the worksheets and explain to them what they will need to do on the worksheet and get them to fill in one of the feelings boxes and share with the class. The rest they will do later whilst they are waiting for their turn in the safe corner. Get them to talk about what they have written and share with the class. Then play the second part of the video which can be found [here](#). Sophie will talk about how fantastic it is to hear how they all feel. She will also explain that some people find it hard to talk about their feelings, and that's OK. What can help is finding a safe space, so today, we are going to create a safe space together.

Stage Two: Visiting the Safe Corner

Take the child(ren) to the Safe Corner space and encourage them to sit on the chairs/ beanbags with their toy/object that they feel safe with and the other children can carry on with their worksheets. No more than 3-4 children at a time otherwise they may feel overwhelmed and not want to talk about their feelings.

When you get to the safe corner sit down with them at their level and ask them any or all of the following questions in order for them to feel comfortable talking about their feelings:

- How are you feeling today?
- Let's have a look at our feeling's cards . Which feeling would you like to tell me about? (Ask them to select the corresponding feelings card).
- Ask why they might be feeling that way.
- Then ask what do you think you can do to make yourself not insert feeling that the child says e.g scared, or if you're sad then what can you do to make yourself happy etc. Make sure each child has around 5 minutes in the Safe Corner. This can be spaced throughout the week if there isn't enough time in one lesson.

Stage Three: Keeping a safe space

Make sure children know that they can ask to go to the safe corner at any point (providing its to talk about their feelings rather than procrastination). Encourage them to select different feelings cards each time they visit and emphasise that your feelings can change all the time, and that's OK. A suggestion is print out a few of each of the feeling cards and laminate them and to leave them in a box or out where they can be seen near the safe corner with blu tac so any child can go over even if they aren't with a teacher and stick up how they are feeling. Hopefully this will help other children recognise if their friend is feeling sad as well as let the teacher know so that the teacher can speak to them individually.

To end play the final Sophie Says speaking video which can be found [here](#) and then tell the children that Sophie and her friends have put together a fun song for them and play the Sophie Says It's Okay Not To Be Okay Song and animation for the children and see if they will join in the actions during the chorus with Sophie and her friends. You can find the link to the video [here](#).