

Feeling Cool

This lesson was written in August 2021 and reflects information available, and guidance issued at the time.



Objectives:

- To understand how worries affect us physically and mentally.
- To know about different coping techniques.
- To recognise our own resilience.

Curriculum Links:

- **PSHE: H16.** about strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing
- **H17.** to recognise that feelings can change over time and range in intensity,
- **H18.** about everyday things that affect feelings and the importance of expressing feelings

Key Vocabulary:

- reaction
- control
- resilience

Resources:

- PowerPoint
- Post-it notes

FAQs:

Who can I talk to when I am worried?

You can talk to adults that you trust- family members, teachers, doctors. You can also talk to your friends.

How can I help my family to stay safe?

Your family can stay safe by following the guidelines- stay outdoors or open a window when socialising, have the vaccine, test and trace, social distancing, wash hands regularly, self-isolate when needed. (check gov.uk for updates)

When will Coronavirus end?

Coronavirus infections have always caused “common colds”; while the COVID-19 virus is new, we will learn to live with it, & with widespread vaccination & testing we hope we can keep it under control.

Why do I feel sick when I am worried?

When you are worried or anxious your body gets ready for ‘fight or flight’ by producing adrenaline. One of the effects of adrenaline is blood draining away from your stomach, which can make you feel sick.

Year 5-6

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Introduction:

5 mins



Watch the COVID-19 Warrior introduction video.

Ask children how they feel. Do they still have COVID-19 related worries? Are there things they feel like they still can't do? Ask children to share their worries.

How do you know when you are worried?

Main Activity:

20 mins



Ask children to share what they do when they are worried - refer to PowerPoint slide for negative reactions to worry, and ask children to add any they can think of.

Explain what happens to our body when we are worried or anxious- see slide.

Some worries can be solved, but some are out of our control, but we can learn to deal with them by helping ourselves feel calmer.

- What can you do to feel calmer?

Think about ways of coping mentioned in the video and look at pictures on the PowerPoint.

Optional: Give children post it notes and ask them each to contribute an idea showing their own tip for feeling calm. Keep and display as a reminder.

Today we will have a go at a few breathing exercises, and some simple yoga poses to help calm your mind.

Follow instructions on PowerPoint slides.

Ask the children how they feel and how they think breathing and exercise can help them to relax.

Plenary:

5 mins



- Recap the calming techniques we have learnt and tell children that they can add them to their COVID-19 Coping Toolbox!
- Show them the Toolbox PowerPoint slide and talk through the skills they have gained in the difficult times they have been through- they will not all have experience of each skill, but can add others as necessary.



Possible Extension Activities:

A wallchart of daily mindfulness

activities: <https://www.mentallyhealthyschools.org.uk/media/2026/mindfulness-calendar-daily-5-minute-activities.pdf>

Extra ideas for calming activities (including games): <https://www.childline.org.uk/toolbox/calm-zone/>
Red Cross video about how to deal with stress: <https://youtu.be/LzTcTkDbYAI>