

Curricular Area: **Level: Any- can be easily adapted for all levels.**

HWB



<p><u>Experience and Outcomes</u></p> <p><i>I am aware of and able to express my feelings and am developing the ability to talk about them. HWB 0-01a / HWB 1-01a / HWB 2-01a / HWB 3-01a / HWB 4-01a</i></p> <p><i>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them. HWB 0-02a / HWB 1-02a / HWB 2-02a / HWB 3-02a / HWB 4-02a</i></p> <p><u>Learning Outcome</u></p> <ul style="list-style-type: none"> • I can say how a certain situation might make me feel. • I can show understanding that the same situation might make someone else feel differently. 	<p><u>Resources</u></p> <p>Children will require previous understanding of either zones of regulation or the meaning of the emotion words used.</p> <p>Buckets/coloured trays</p> <p>Labels of emotions- if not using Zones of regulation</p> <p>Scenario cards</p> <p>Beanbags/small balls.</p>
<p><u>Activity</u></p> <ol style="list-style-type: none"> 1. Set up 4 coloured trays (if relating to zones of regulation) or buckets/trays with emotion words on if not on one side of the playground. 2. Children to stand in a line, one behind the other, a given distance away from the trays, depending on throwing ability. (if you have a large group it may be better to have multiple sets of buckets/trays set up and children split into groups) 3. Read a scenario card to the child at the front of the line, child to throw the beanbag into the tray which shows how they would feel in that scenario. 	<p><u>Assessment</u></p> <p>Questioning throughout- "why would that put you in this zone/make you feel like that?" "why do you think this child would feel differently?" etc</p> <p>Photos/videos of the scenario and the outcome.</p>

Submitted by: Zoe Boomer

School: Hawthornden Primary