



# capable

Dear Teachers,

Are you searching for engaging activities to enhance your classroom experience? Look no further! Our PDF offers a sneak peek into the captivating themes of our programs, providing a glimpse of the exciting learning opportunities awaiting your students.

These activities spark curiosity, foster critical thinking, and promote active participation. By incorporating these sneak peek activities into your lesson plans, you can introduce your students to the enriching experiences that our complete programs offer.

Take the first step towards transforming your classroom into a dynamic learning environment by exploring our sneak peek activities. Download the PDF today and discover how our programs can inspire and empower your students.

We look forward to partnering with you to create memorable learning experiences for your students!

Warm regards,

# Finding a good solution

To help your child think of ways to feel better when they are angry

You will need:

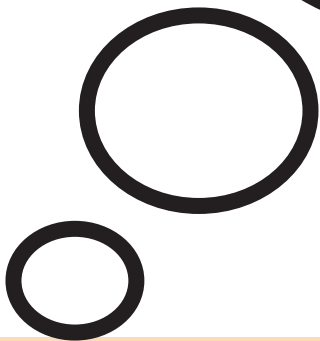


Talk about a time when your child has felt angry. Help them think of lots of different things they could do to feel better.



Count to ten

Listen to calm music



Try this activity soon after your child has been angry, but after everybody has calmed down.

## Let's talk...

Share times when you have felt angry and what you do to feel better.

Do your solutions obey the golden rules?

## The Golden Rules for a Good Solution!



It makes me feel better



It doesn't hurt me or anyone else

# Right time to talk

Improve your students' abilities to identify people who can help.

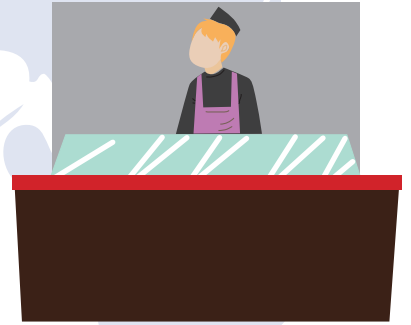
Look at the pictures and discuss if it's a good time to talk. You could expand this activity by role-playing some other situations.



Mum watching TV



Dad on the phone



Dinner lady serving lunch



Teacher at break time



Circle time



Reading at bed time

## Let's talk...

Ask your students to think of another person they could speak to in each situation.



## What makes a good friend

Moving schools is a great opportunity for children to make new friends, but some children may be anxious about this change. Getting them to consider what makes a good friend can help them to feel more confident about building new relationships, and consider how to be a good friend to new people they meet.

Ask them to think about what makes a good friend and write five qualities they think are important on the following activity sheet.

Discuss what qualities they have chosen. Did some ideas come up more frequently than others? What would they choose as their top five qualities?

After you've had the discussion, ask them to write their list again. They can keep their original ideas and/or incorporate some of the good ideas they've heard from others.

# What makes a good friend

To think about what is important in a friend

You will need:



Write a list of things you think are important in a friend. Discuss it with others at home or in class.

Things that are important in a friend:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

Listen to what others at home or school think.

Write your list again adding in any ideas that you like.

Things that are important in a friend:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_



## You will need



Your students may have concerns about various aspects of their lives, such as health, school, friends, and family. They might come to you seeking guidance about these worries.

A Worry Jar serves as a designated space for your students to place their worries, helping to alleviate their preoccupation with them.

To create a Worry Jar, simply find a jar or any container, which you can decorate if desired. If you don't have a jar available, you can use the picture below by writing or drawing on it.

Assist your students in writing down their worries on pieces of paper. Encourage them to fold the papers and place them inside the jar, then seal the jar shut.

You can implement "Worry Time" if you notice that your students are more anxious than usual. Allocate a dedicated 10-15 minute period during the day for this activity.

When Worry Time begins, encourage your students to open the worry jar and examine its contents. They are free to express and dwell on their worries as much as they need. They can choose to read all the worries or focus on one or two specific ones.

Use a timer to signal the end of Worry Time, indicating that it's time to stop worrying. Encourage your students to close the jar, symbolically putting their worries away.

Through the use of the worry jar, your students may report feeling relieved from certain worries they had previously placed in the jar. Cherish these moments together. Encourage your students to tear up the worries as a symbolic act of letting go.

