

WELLBEING: BOUNCING BACK TO CLASS

Date: Monday, 14 September 2020

Time: 2pm

Duration: 30 minutes (approx.)

Location: bbc.co.uk/livelessons (Note: if you can't watch live, you will be able to watch the recording on the website afterwards)

Audience: Suitable for KS1 and KS2

Summary: This wellbeing Live Lesson is designed to help pupils and teachers transition back to school, and look hopefully towards the future whilst using resilience and exercise to achieve positive wellbeing

CURRICULUM LINKS

Key Stage 1

Children will be encouraged to:

- develop a vocabulary to describe their feelings to others, and simple strategies for managing feelings
- develop listening skills as others describe their feelings
- be able to talk about good and not so good feelings
- learn about what healthy people do, including the benefits of rest and exercise
- plan and carry out a programme of exercise

Key Stage 2

Children will be encouraged to:

- write about their feelings
- be able to talk about feelings
- recognise and respond appropriately to a wider range of feelings in others
- think about what positively and negatively affects their physical, mental and emotional health

SETUP

How much space and equipment is needed?

The lesson can be screened in a classroom with a large screen linked to a reliable broadband connection. Good audio equipment isn't essential but will make the event more enjoyable.

As we'll be asking pupils to get involved in written and physical activities throughout the lesson, including an on-the-spot exercise routine, it would be beneficial if pupils had space to move around.

How many pupils can participate?

It's up to you how many pupils you have participating in the session. The lesson is suitable for KS1 and KS2, and we want to get as many pupils as possible engaged with this Live Lesson. Space might be a consideration if you have a very large group.

LESSON SUMMARY AND PREP

Please download, print and fold the activity worksheets ahead of the lesson.

At the beginning of the show, pupils will be asked to think about their feelings over lockdown, using the accompanying activity worksheet. They will watch a video of other children talking about their feelings during lockdown, as well as Premier League footballers discussing their tips for resilience, and ways to 'bounce back' and overcome challenges. Pupils will be given three wellbeing tips by on-screen teacher Mr. Smith, including a breathing exercise which can be practiced in class.

The second activity is a talking and listening exercise, for which each child will need a partner. This activity encourages pupils to talk about what they learnt over lockdown and how it has helped them.

We'll hear next from Clinical Psychologist Dr. Hazel Harrison about the Five Ways to Wellbeing; our third activity asks pupils to think of ways they use these in their everyday life. Exercise is one of the Five Ways, and coaches at Leeds United Football Club have created a follow-along-in-the-classroom routine, suitable for all ages, performed by their mascot Lucas the Kop Cat. *Note: pupils will need to stand up and push their chairs in where possible, however a routine for children who need to remain seated is also performed alongside Lucas.*

This is followed up by a class discussion challenge, requiring pupils to be split into three groups, and create a whole-class exercise challenge. You may wish to begin grouping pupils once Hacker flags this in the programme.

In the final section, we'll ask pupils to draw or write about something they're looking forward to. While it's important for pupils to recognise and discuss their feelings, it is vital for them to recognise that their future holds things they can enjoy again.

The final minute of the show carries the message that managing feelings and overcoming challenges is important, but sometimes children may need help and to speak to a teacher or grown up they can trust. If they don't know how to start the conversation, they can tick the box on their activity sheet to let you discreetly know they'd like a confidential conversation. The programme also signposts to Childline, which offers a confidential service via childline.co.uk or 0800 1111.

CONTACT US

If you're planning on watching the Live Lesson, let us know! Email us with your class/school name and we'll try to feature it during the Live Lesson. You can email us at live.lessons@bbc.co.uk, or tweet us @BBC_Teach, using #bbclivelessons. We want to see all of your pupils' ideas and comments too, so please send them in during the Live Lesson for a chance to be mentioned on the live programme. If you're sending in any images or videos that feature children, please make sure you have parental permission.

The BBC may ask you to demonstrate that you have received verifiable parental consent. In the email, please confirm your official relationship to the child/children featured, e.g. teacher, parent, teaching assistant etc. and confirm that you have sought prior parental consent. Please also ensure the material is not sensitive or controversial. Read our Terms and Conditions for more information.