

Teddy Tap

Curriculum Links:

SPHE - Strand: Myself **Strand Unit:** Taking Care of my Body

Primary Language Curriculum - Strand: Writing **Strand Unit:** Conventions of print and sentence structure / Spelling and word study / Vocabulary

Concept/Learning Outcomes:

Pupils will identify different body parts using vocabulary and images.

Pupils will examine different ways to manage feelings and emotions when upset or overwhelmed.

Colour & Trace Activity

- For junior use the colour and trace worksheet with one letter to trace.
- For senior and 1st class use the colour and trace worksheet with all letters to trace.

'How Many'

Pupils should identify and count the number of different body parts (1 - 7) on the worksheet and fill in their answer at the bottom of the page.

Teaching Notes:

Discuss with the class the difference between a tense and a relaxed body. Ask them to think of a time when they felt upset or scared and what they did in that situation. Discuss the different techniques on the 'When I'm Upset' list with pupils as ways to help manage feelings when upset or overwhelmed. Print this list and hang it somewhere visible so pupils can refer to whenever they need to.

Shape Breathing

Print out the shape pages and give copies to each pupil. Demonstrate how to trace the lines of the shapes, breathing in on one side and out on the other as indicated. Continue around the shape until back at the starting point. Repeat this sequence a couple of times focusing on breathing deeply, in through the nose and out through the mouth.

Take a Stretch

This activity can be used to combine taking a break, breathing and stretching from the list as a way to manage feelings and emotions. Discuss how taking a break can take our mind off/distract us from whatever is making us sad or unhappy. Practice the different stretches. Use this activity as a five minute break at any time during the day.



My Body

Colour me!

cheek

head

forehead

arm

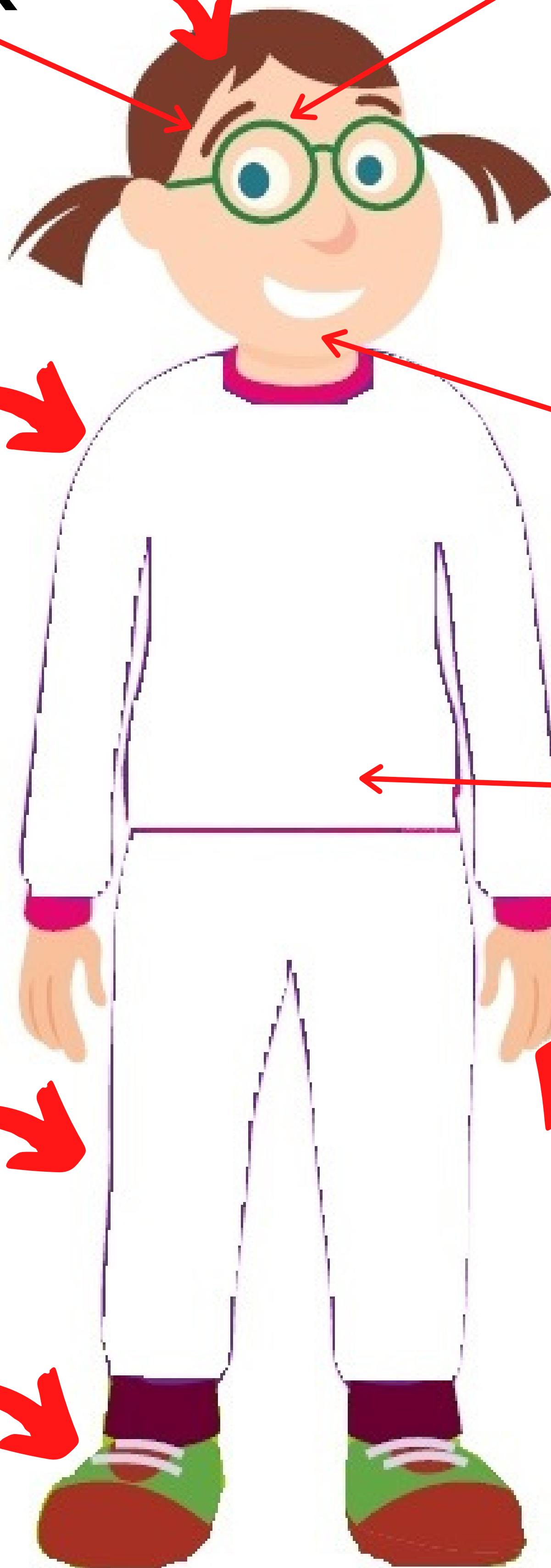
chin

tummy

leg

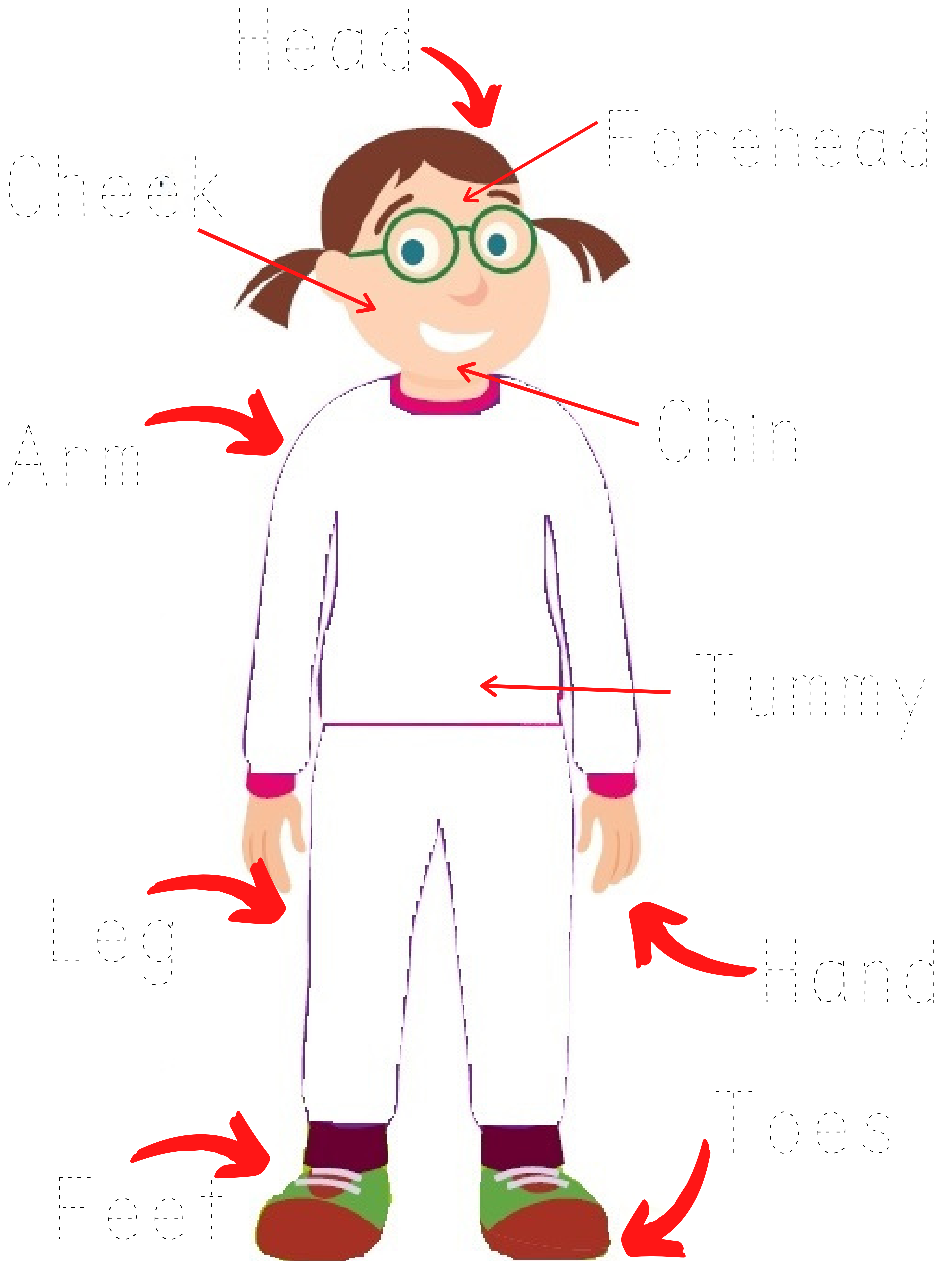
hand

feet

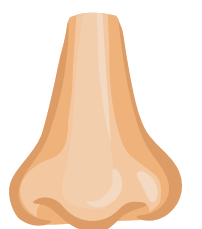
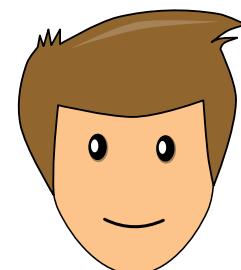
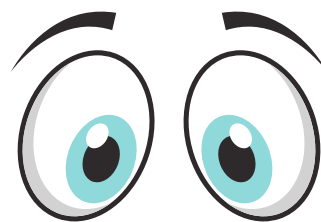
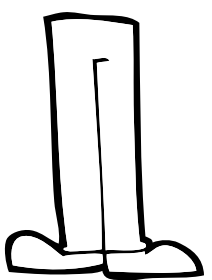
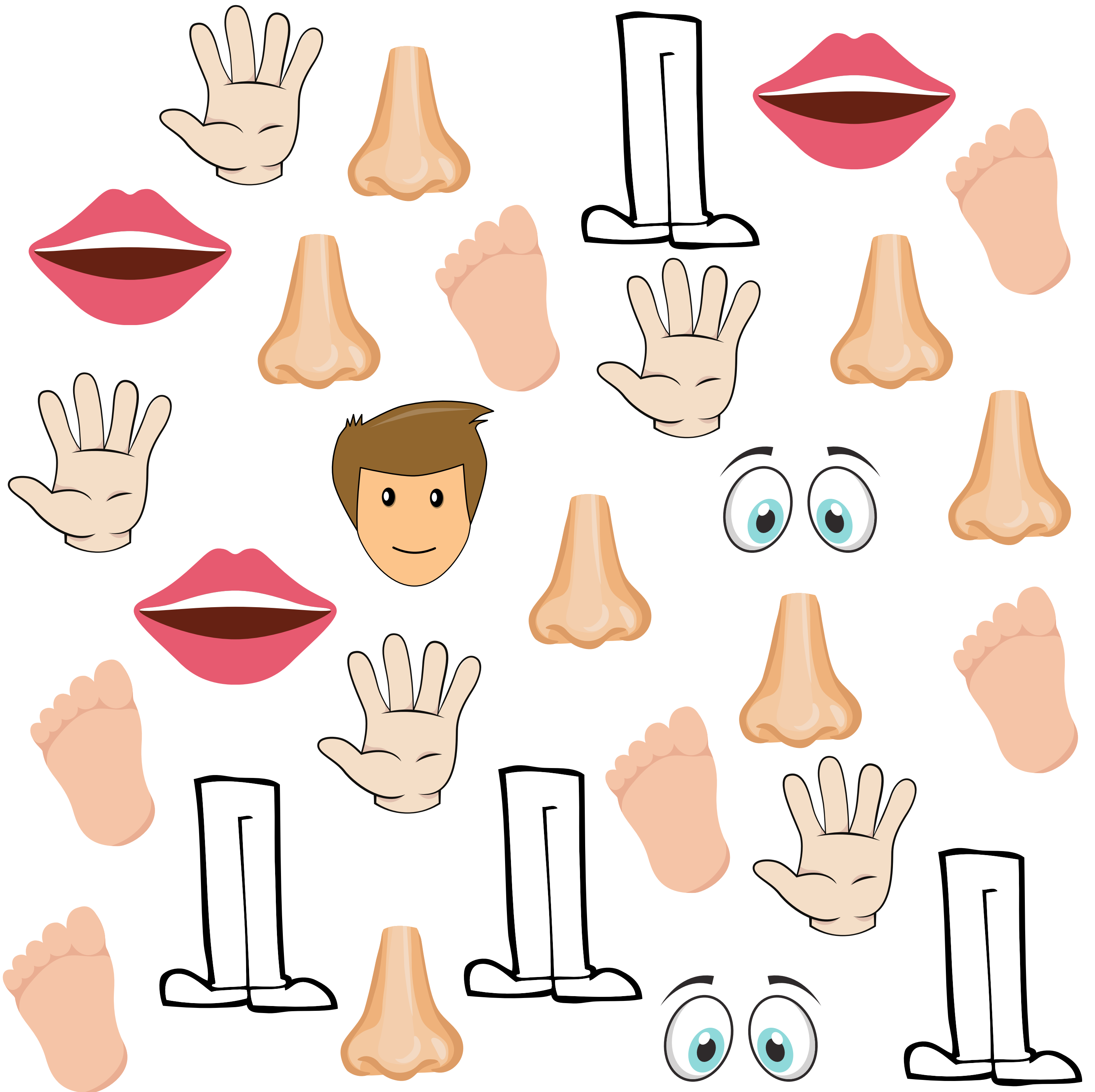


My Body

Colour me!



How Many?



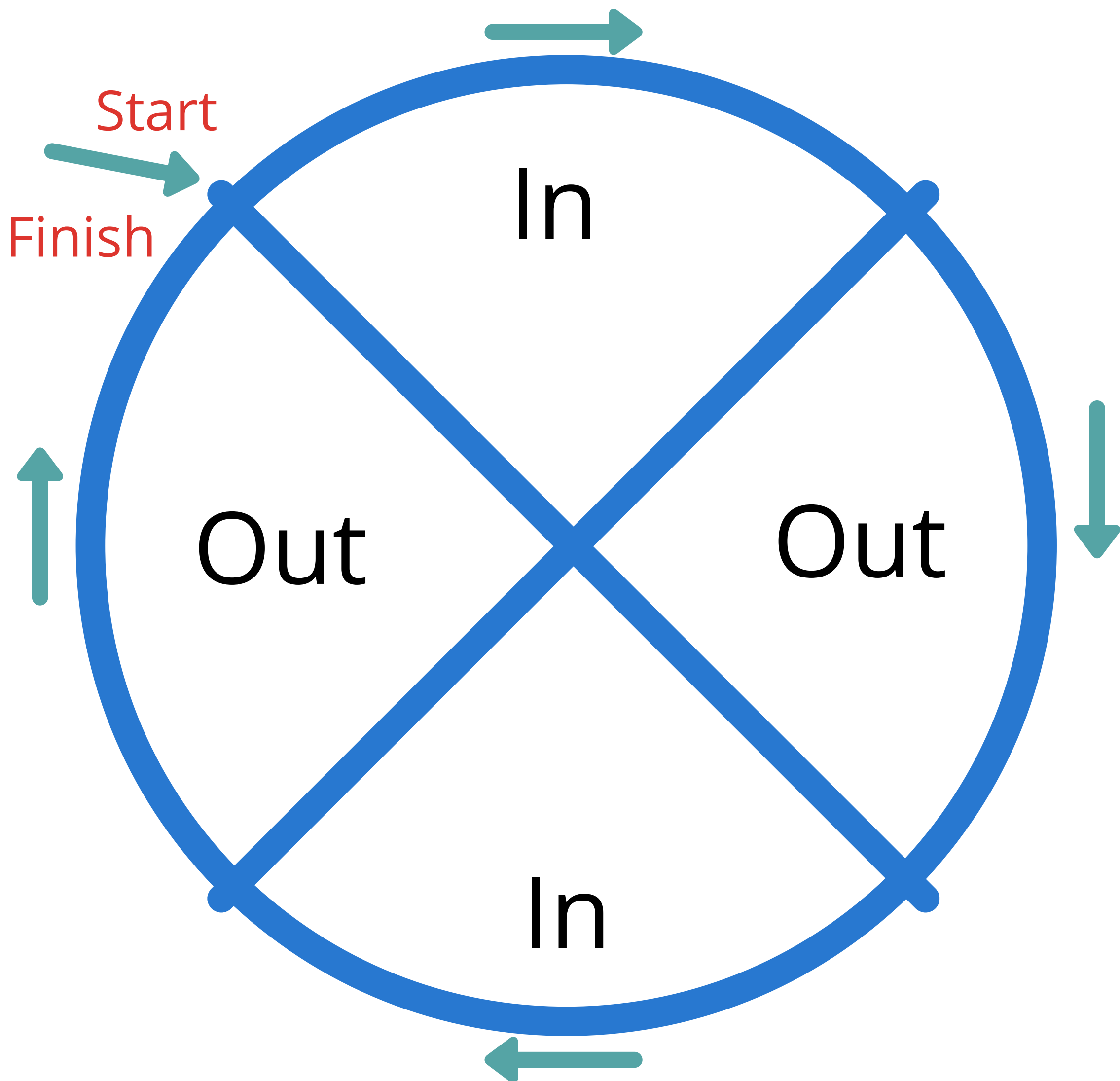
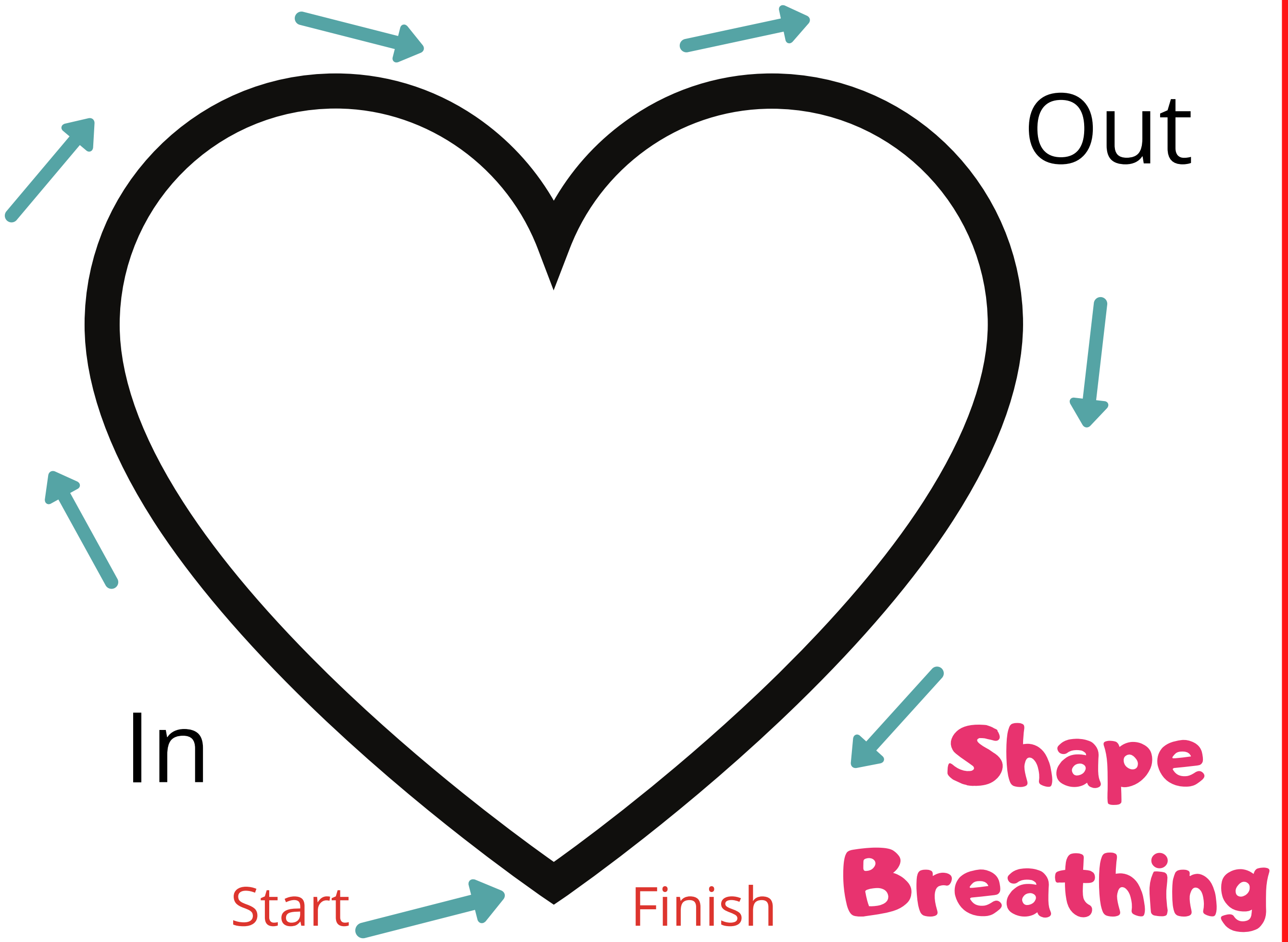
WHEN I'M UPSET

HERE ARE SOME THINGS I CAN DO TO HELP:

- 1 Take a deep breath.
- 2 Count 1 to 10.
- 3 Ask for a break.
- 4 Stand up and stretch.
- 5 Talk to my someone about how I feel.

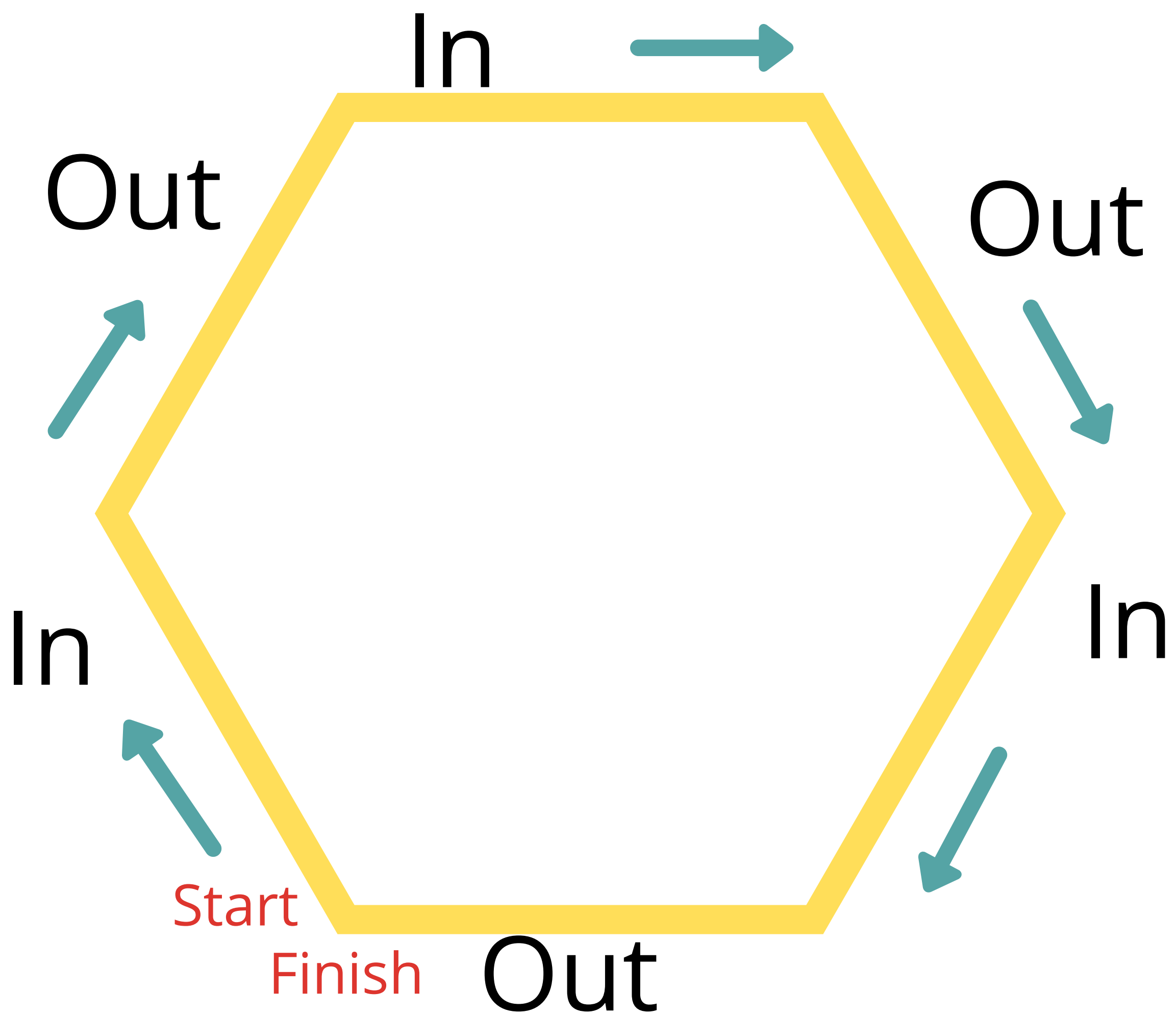
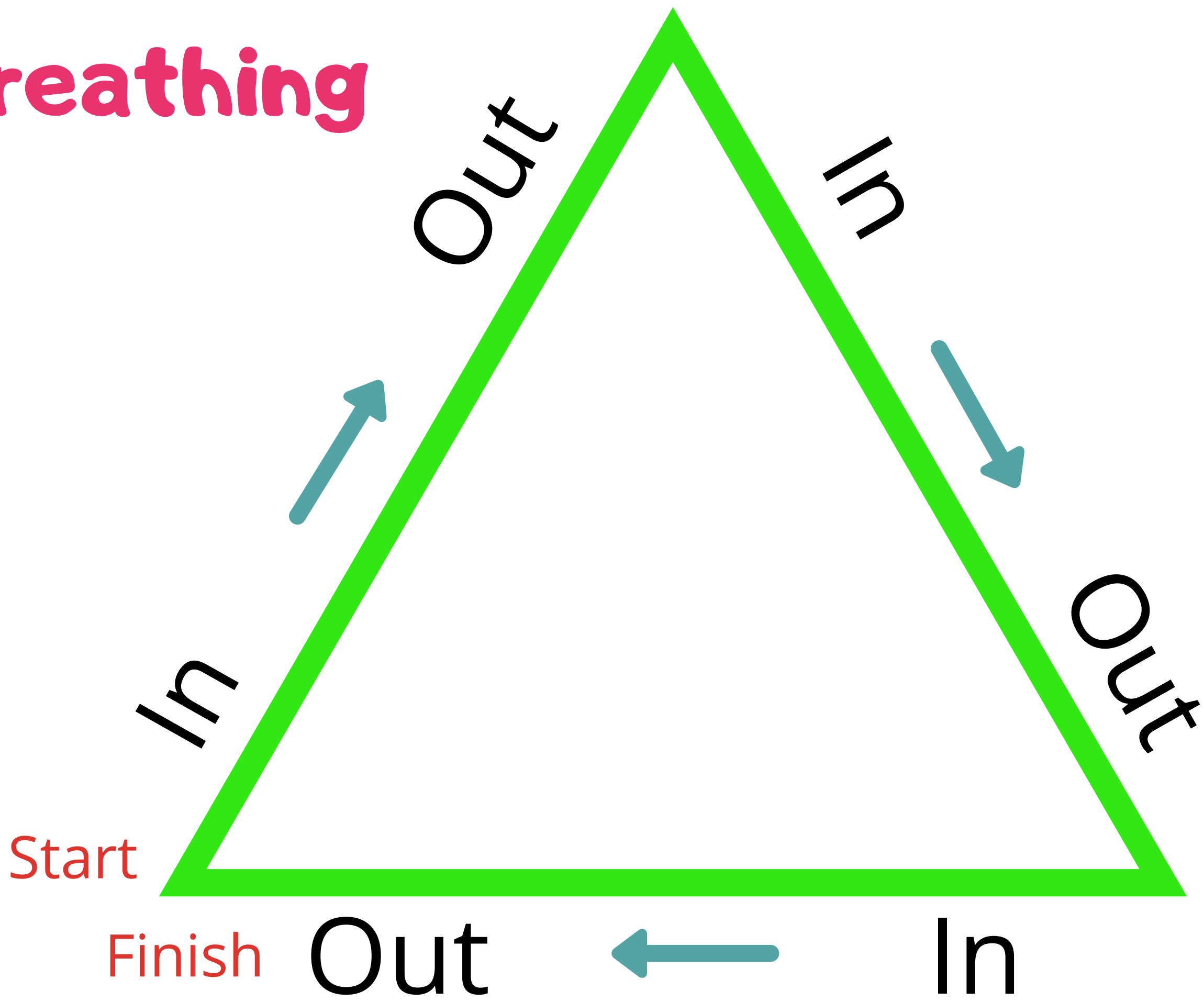


Use the breathing and stretching exercises below to practise.



Shape

Breathing

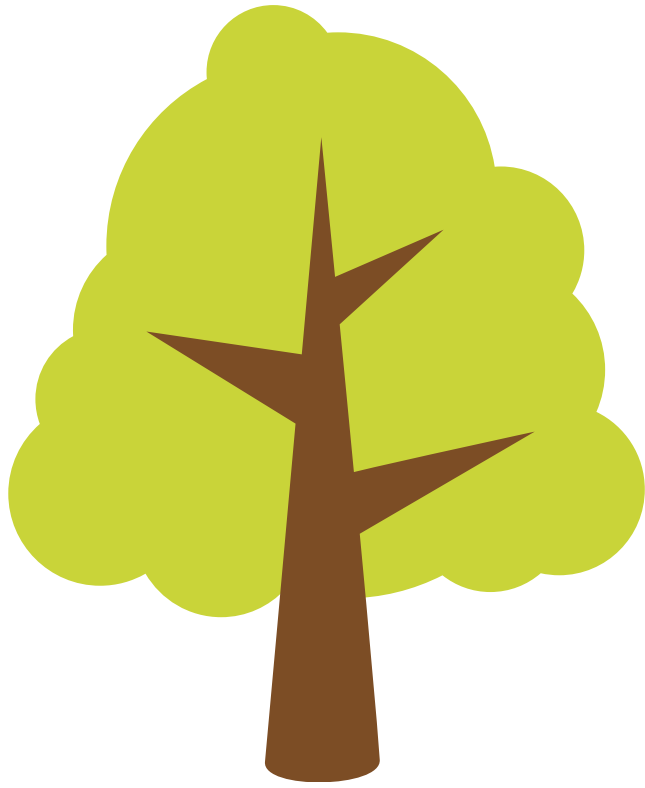


Take a Stretch

Great
movement
break and
energiser

I am Strong

Stretch your arms out really wide like a surfer trying to balance



I am Kind

Stretch your arms up over your head like a tall tree trying to touch the sky.

I am Friendly

On hand and knees, stretch your arms out in front and lean back like a friendly dog (childs pose).



I am Wise

Sit quietly with legs crossed and hands in your lap like a wise old owl. Close your eyes and practice taking deep breaths.

Discussion

When we remember something that was really fun, like a game, a hug or a nice conversation, that memory can make us smile and feel really happy. Can you think of some things that made you really happy this week?