

Lesson ideas

Feelings

- Talk about different feelings (happy, sad, scared, angry)
- Look in the mirror – talk about what your face looks like when you feel this way (eyes, mouth, eye brows)
- What makes you feel that way?
- Why?
- Discuss ways to deal with the emotion
- Make faces – using natural materials eg. Stones, leaves, gumnuts



Communication

- Talk about things you are enjoying doing at home with family?
- Talk about loved ones you are missing (families, friends)
- Draw a picture to give to send to a loved one who you are missing. Then you can write something you like about them at the bottom of your picture.

Healthy Eating

- Discuss importance of healthy eating. What are healthy foods?
- Name the fruit and vegetable in your fridge
- Sort the foods in your fridge (eg fruit, vegetable, dairy)
- Make a fruit and vegetable person, use real food or pictures. You could use tooth picks to make the person stand up and be 3D
- Make a face with fruit and vegetables
- Songs on Youtube

Ideas

- Go on a walk, look for the teddy bears and rainbows in the community
- Cosmic yoga
- Stretching
- Making an obstacle course with furniture from inside your house
- Meditation
- Listen to relaxing music, colour in
- Lay in the back garden
- Listen and discuss what noises you can hear
- Look at clouds and discuss what shapes you can see