



60 minutes in
total approx.
per week,
recommended to
be split into 2 x
30 minutes
sessions

AGES 5-7 MENTAL HEALTH SKILLS PROGRAMME

Week: 3

Learning Objectives:

1. How sad feels in your body
2. Some things that make you feel sad
3. Some skills to help you feel better when you're feeling sad

Differentiation:

By support, outcome and by extension.

Extension: On "This is How Sad Feels In My Body" Gingerbread person sheet, ch'n can add thoughts they have when they feel sad.

Materials Needed in addition to PPT:

PRINT:

1. This is How Sad Feels In My Body worksheet x1 per student (or could do this on blank paper)
2. I Feel Sad When... worksheet x1 per student
3. Rainbow Breathing x1 per student
4. Skills I Can Use When I Feel Sad x1 per student for their books/folders and x1 for display
5. How Does Sad Feel poster x1 for display

GET:

Story/stories to read during the week which explore feeling sad, e.g. "I'm Sad (The I'm Books)" by Michael Ian Black. [see Teacher Tutorial for more ideas.]

Homework:

Activities and Main Teaching Points:

1. Introduce L.O.s on PPT.
2. Read conversation between two characters on PPT. Try to elicit from ch'n how the red character feels (sad) and how they know this (she has a frown / her mouth is turned down).
3. Discuss why the character feels sad (because she lost her favourite eraser and because it's raining a lot). Briefly discuss with ch'n if it makes them sad when they lose something or when it rains a lot, and discuss some other things that make them feel sad.
4. Look at, read and discuss "How Does Sad Feel?" animated GIF on PPT (e.g. frown on face, perhaps tears in eyes, feeling tired, eyes looking down a lot, etc.)
5. Ask ch'n and discuss: Can you think of any other ways you know that you're feeling sad?
6. Ask ch'n: Can you think of any other words for feeling sad? Elicit responses, and then show words on next PPT page, for example: miserable, unhappy, disappointed, lonely, upset.
7. Ask ch'n and discuss: Can you think of any thoughts you might have when you feel sad?
8. Guide ch'n to reflect using PPT: Do you feel sad right now, or not? How do you know? ("Yes, I feel sad." or "No, I don't feel sad.") If they do feel sad, perhaps try to find out why (this could be follow-up a little later in the class, or afterwards). If ch'n say they don't feel sad, try to elicit the feeling/emotion they are experiencing, if they can name it (no problem if not, as this skill will be developed over the next few weeks).
9. Worksheet (or on blank paper): "This Is How Sad Feels in My Body" - ch'n draw (and label if possible) how sad feels on a gingerbread person version of themselves, e.g. I have a frown on my face, I look down a lot, I might cry, I feel tired. Extension: Add thoughts they have when they feel sad, e.g. "I don't like this." or "I wish things were different."
10. Worksheet: "I Feel Sad When..." e.g. when I lose something (or someone). Ch'n draw up to 6 things, people, places etc. which cause them to feel sad.

IMPORTANT NOTE: Ensure you're sensitive to and aware of ch'n who may be sad due to difficult life events e.g. bereavement, parental separation etc.

MORE ON THE
OTHER SIDE



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Week: 3

Activities and Main Teaching Points:

(continued)

11. Continue reading dialogue between two characters on PPT, which leads to a reminder that: "Feelings and emotions are not bad or good. It's okay to feel your feelings."
12. Together look at "Skills I can use to help myself feel better when I'm feeling sad" on PPT. Talk through the skills, starting with noticing and naming the emotion "I feel sad", and then talk about other possible skills they could try (kind and caring self-talk, having a cry, putting their hand on their heart gently for a few moments, or a mindful breathing activity e.g. rainbow breathing).
13. Turn to next page of PPT to show instructions for Rainbow Breathing, and let ch'n colour the sheet, and then practise Rainbow Breathing using their sheet.
14. Tell ch'n that "sad" information will be added to the mental health and feelings/emotions display board.
15. Plenary: Tell your partner 1 thing that happens in your body when you feel sad. Tell your partner 2 things that make you feel sad. With your partner, think of 3 skills you can use to feel better and more calm when you feel sad.

NOTE: Extra Ideas for the week, in addition to stories: Sing "If You're Happy and You Know It..." with extra verse for "sad" (there are various versions available online).

Teacher Evaluation of this week's learning, and any follow-up needed:



Got questions? Post in the Online Community Forum for advice from us!

