

# LESSON PLAN

## Theme • My family

The theme enables a comprehensive view on the family as such (roles and their relational and social contexts), the child's specific family (origin and history of the family, cultural traditions, values and customs) and the families the child meets in his environment (respect for otherness and differences). The point of the theme is understanding of one's own uniqueness, respect for others, mutual support and the connection of families.

## Lesson Bodies in (e)motion

### Lesson focus and goals

This lesson  
-focuses on the emotions of the children.  
-brings art, motion, music and discussion together, to help children experience their emotions in practical ways.  
-aims to help children learn to identify their feelings and express them in healthy ways.

### Materials

- Mirrors, Paper, Markers, Pencils, Crayons, Scarves, Music

### Activities

- Sit in a circle with all the parents and children.
- Ask them how they feel today, then ask their ideas about emotions and feelings ('Are they important?', 'Are they good or bad?', 'Do we all feel the same way?' 'Do feelings change?' etc.)
- Ask the parents to hold the mirror in front of their children's face and invite children to make funny faces, angry faces etc. Then the children can hold the mirror for their parents.
- Next step is to explore (e)motions with our bodies while music is played.
- Choose music to match the mood and try out different (calm, aggressive etc.)
- Ask kids to draw a picture that explains how they feel now as a reflection.

### Tips for specific types of inclusion/handicaps

Have some sensory items in hand, such as scarves, for children with sensory sensitivities. You could reduce other sensory stimulation while children play with the fabric. Lower the volume or turn off background music and avoid flashing lights or screens. Introduce new textures and colours slowly and check in with your child regularly.

### Tips for parenting support

Use clues from movies to help you choose the sounds a choppy violin that's used when a shark is approaching, or a slow, classical song that creates a sad atmosphere.

If parents do not engage while dancing, ask them to close their eyes.