

LESSON PLAN for volunteers

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

- 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, teacher and children.
- Hand out the mirrors to parents and children.
- Assist with the music selection to match the mood and try out different (calm, aggressive etc.)
- Hand out materials to children to draw a picture that explains how they feel now as a reflection.
- Volunteers will assist the teaching staff in proactively
- If there are specific requirements for the children, the volunteers will help to ensure they have the necessary resources and spaces to integrate well into the group and participate actively in the project.
- Volunteers will support these underprivileged families throughout the project, and if needed, will assist other participants in the activity.

Tips for specific types of inclusion/handicaps

Have some sensory items in hand, such as scarves, for children with sensory sensitivities. Sensory stimulation can be reduced, if needed, while children play with the fabric or other tactile materials. They can help the teaching staff 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.

Technical terms

Sensory-motor integration is crucial for the healthy development of all children. Sensory play and body movement promote the formation of neural connections, which enhance children's cognitive, social, and emotional well-being. Engaging in sensory play allows children to explore and understand their surroundings, while body movement facilitates the development of their gross and fine motor skills. Moreover, sensory-motor experiences enable children to regulate their emotions, develop their attention and self-control, and improve their communication and social skills.

Methodology

In this activity we use child-centered and play-based methodology. This methodology involves designing activities that are developmentally appropriate and tailored to the child's individual needs, interests, and abilities. The methodology includes sensory and movement activities, such as tactile experiences, music and dance. Additionally, the methodology promotes positive social interactions, communication, and cooperation among children. By utilizing this methodology, children can engage in enjoyable & meaningful activities that enhance their sensory-motor integration and overall well-being.