

Discussions and rounds

“A good friend is / isn’t / says / does / doesn’t...”

“What makes me feel calm is...”

“I like to have friends because...”

“I felt lonely when...”

“I was co-operative when...”

“Sometimes, I need help because...”

“A time when I needed help was...”

“Something I achieved was...”

“Something I would like to achieve is...”

“Something I like about myself is...”

“If I were an animal, I’d like to be...”

“A problem I had was...” Explain how it was solved, or get suggestions from group.

Things that stop us from being co-operative, or make it difficult.

Does anyone want help with making more friends? Other children can offer help, eg, “Would it help if you..?” or “Could you..?”

Feelings ball

“The last time I felt...”

“A time when I felt...”

Where do you feel that emotion?

What do you want to do when you feel that emotion?

Story telling

Tell a story in a round, each adding a sentence or event.

Story Dice

Use picture dice to tell story.

Conflict cards

e.g.

A wants to watch a cartoon on television. B wants to watch a game show. They are both on at the same time.

A and B both want the same reading book.

At the funfair, A wants B to go on the roller coaster; A won't go on the ride alone. B does not like the ride and doesn't want to go on.

Changes

Think of changes that have happened in your life / in your family. Are changes good or bad? Why is this? Think of a change that has made you happy and / or a change that has made you sad. Is anyone unhappy because of a change in their life and would like some help or advice?

Change of identity

In pairs, spend 3 or 4 minutes finding out about each other's hobbies / interests / family, etc. Then swap identities and introduce yourself to the group as the other person and tell them about yourself.

Emotions Collections

Each child has a bag labelled with an emotion, e.g. happy, sad, angry, surprised, worried. Spread pictures / photos of faces around on floor. Children take turns collecting one picture at a time and delivering it to the right bag. Discuss when any of us have felt each emotion.

Feel Think Do

Assign one to each child (feel / think / do). Name an emotion.

'Feel' shows it on face.

'Do' acts out something to show that emotion.

'Think' talks about how they can think about the emotion, and change behaviour to a more

positive action.

Talk about switching order from Feel Do Think to Feel Think Do.

Think of nothing

What did you think about?

Can we stop ourselves from thinking?