

**Focus plan for Personal, social and emotional
(Goals for self-confidence and self-esteem) Activity - 'The Good Mood Hunt'**
Date -

Learning intention

To become aware of own feelings and begin to appreciate those of others

Resources

'The Good Mood Hunt' by Hiawyn Oram and Joanne Partis, comfortable space in which to sit and share.

How the activity will be carried out

In small groups, read the story together. Discuss the story and the things that happened in it. Invite the children to share things that have made them happy, encouraging contributions from all, without pressurising. Extend this to unhappy things and discuss how each one might be helped to feel better. This activity could form a small circle time for each group over the course of a week, as it may take some time.

Questions to ask/Language to use

How was Hannah feeling at the start of the story? What happened to change this? What makes you happy/sad? How can we help?

Happy, sad, scared, cold, frightened, hungry, tired, thirsty, hug, smile, frown, stamp, talk, play, rest, story, music.

Differentiation (Birth to Three)

Show their own favourite item, ask what makes it special for them

Extension

Using mirrors, or observing each other make happy or sad faces, then paint or draw their happy/sad expressions

Evaluation