

Individual Activity Lesson Plan

Date: Tuesday 19th May 2020

Activity Title: Overcoming Fears

Learning Intention: To listen to a story and share about their own emotions.

Links to EYFS: Confident to speak to others about own needs, wants, interests and opinions (Personal, social and emotional development)

Equipment:

-Story link: https://www.youtube.com/channel/UCn9Kx_D9nnBpQQ2txlssg-A?view_as=subscriber

-Paper/pencil

-Read, Write, Inc. letter formation sheet

-‘How to Make a Mouse Finger Puppet’ template (no need to print)

Activity Overview: To listen to today’s focus story and discuss strategies for overcoming fears.

Key vocabulary: Story, character, events, setting, new, fear, try, persist, believe.

ACTIVITY IMPLEMENTATION (including key questions)

Introduction:

- Watch/listen to today’s story *The Lion Inside* by Rachel Bright and Jim Field (see link above).

Main Activity:

Explain to your child that you would like him/her to share with you a time that they felt fearful.

This might be joining a new class, trying a new skill, meeting new people.

- In the story the mouse overcomes his fear and asks the lion for help.
 - Can you think of a time where you overcame a fear?
 - What did you do?
 - How did you feel?
 - How would you encourage others if they were feeling afraid?
- Can you remember Betty the Believer? (One of our Growth Mindset puppets at Clowns) Betty always believes that she can do it. If she can’t do something now, she says, ‘I can’t do it **yet!**’



Challenge:

- In our story book today we are reminded that ‘We all have a mouse and a lion inside.’
- Open the template – ‘How to Make a Mouse’ and follow the instructions to create a paper mouse. Put it somewhere special and, when you feel afraid, look at it and remember how brave the little mouse was. You can be just as brave too!

Additional ways to support your child:

Give your child examples of times they may have felt fearful, if they find it challenging to think of ideas independently.

Extension:

Think of something you would like to do/achieve, but you feel afraid of. Write your wish down and place it somewhere you can review at a later date. Think about how you can be like mouse and face the thing you feel afraid of.