



## Positive Penguin Lesson Plan 60 minute

Time	Description
10 mins	<p><b>Introduction:</b> Feelings: Ask students to think about the past 2 days – and write down or draw all the different feelings they have had. Count up all your feelings and count up how many were negative or positive. Once they have completed this hand out feelings handout and ask them to see if they can tick or colour in any other feelings they might have had in past 2 days.... Usually you can add another 5 plus feelings to the list. We have many many feelings every day – this is normal, it is also normal not to remember them all! It is really good to take time out each day to stop and think about all the feelings you had each day and why.</p> <p><i>We would recommend that you use the app emotionary instead of the feelings sheet if all students have ipads in the class – click on the little face icon in the top right corner – a whole list of different emotions will appear and students can scroll through these to see if they can find other emotions they had had in the past 2 days that they couldn't initially think of.</i></p> <p>Explain feelings are not right or wrong they are like the wrapping for a present. We feel certain ways because of the thoughts we have. So if I am running late for school and I think it is bad to run late because I will get into trouble for being late then I will feel worried and anxious. But if I think running late doesn't matter – I wont be worried at all – might come to school happy.</p> <p><u>Thoughts:</u> we have 10,000 thoughts a day from simple thoughts: <i>I wonder what is in my lunch box today</i> and positive thoughts: <i>I get to have a play with my best friend after school today</i> and negative thoughts: <i>I didn't do my homework, I hope the teacher doesn't ask me to answer the question.</i></p> <p>Ask students to tell you why people think differently about situations – build a discussion on how we have thoughts based on our background, family, parents, teachers, culture, past experiences etc</p> <p>You don't get to make that many choices when you are little – you don't get to choose what to wear if you have to put on a school uniform, you don't get to choose what is for dinner very often, you don't get to choose when you have a maths lesson or when you have a sport lesson – BUT you do get to choose your feelings. No one can make you feel a certain way – you choose your feelings based on what you tell yourself</p> <p>The positive penguin app helps you work out why you felt bad and how you might be able to change your feelings to be more positive.</p>



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15 mins

### Positive Penguins App

Start up the app with an interactive white board or projector with sound on

Use an example to work with the whole class together: (here is an example we have used before)

How are you feeling:

Frustrated

Get students to help decide which penguin to use and dress

Lets understand why you feel frustrated:

I couldn't do my maths homework

Why is I couldn't do my maths homework making you feel frustrated:

Because I am dumb at maths

I am feeling frustrated because I am dumb at maths

Confirm

Tell me the reasons why you think I'm dumb at maths

Ask students to help come up with ideas – eg I cant do the maths homework without help, I don't understand the questions, it takes me a long time to complete it

What reasons would other people give to tell you your thinking may be wrong?

Ask students to help come up with ideas – eg When I do maths in class with my teacher it makes sense, sometimes I can do maths, I am better at maths than my little brother, I always get some questions right, I am better at maths this year than I was last year

What other things are going on that make this situation seem worse

Ask students to help come up with ideas – I am tired when I do my homework, there is no one to help me, my sister is outside playing



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	<p>What are all the different things that might happen – good, bad and most likely? Ask students to help come up with ideas – GOOD: might never get maths homework again BAD: I will have to do extra hard maths every day and be called dumb MOST LIKELY: Ill get some answers right, some wrong and ask the teacher to help me tomorrow</p> <p>What would you tell a friend who felt the way you do? Ask students to help come up with ideas – Don't worry too much, just do the questions you can do and ask your teacher to help explain the rest tomorrow or there is no point getting really upset as its not going to make me better at maths</p>
15 mins	<p>Individual ipads (if students have them or Positive Penguin Worksheet: (if no individual ipads)</p> <p><b>Individual Ipads:</b></p> <p>Ask students to work in groups of 3 and in turns help each other with challenging one of their negative thoughts. Depending on the time, try to get each student to work on their ipad with 2 others to help them – then at the end email the challenge to their teacher – this can then be printed out if needed to be pasted in books etc</p> <p><b>If no individual ipads:</b></p> <p>Hand out the PP Worksheet to each student. (you can run the app on the white board as students work through the worksheet)</p> <ol style="list-style-type: none"><li>1. Think of a situation that made them feel a bad or negative feeling in the past few days. Students can also draw the feeling on the worksheet to show how strong that feeling was.</li><li>2. Get students to complete no. 2 on their worksheet. <b>What happened to make you feel like this?</b></li><li>3. Ask all students to put in their own answer to <b>why is this making them feel the way they do</b> – no 3 on worksheet.</li><li>4. get students to write answer to no. 4</li></ol> <p><b>Positive Penguins will help you challenge your negative thought.</b></p>



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	<p><b>Ask students to form groups of 3 or 4 and decide who's negative thought they would all like to help challenge together..</b></p> <p>5. ask students to work together on the second page of the worksheet to help challenge the negative thought. Ask them to be creative and as helpful as possible.</p> <p>Well done you have challenged your negative thought, why don't you listen to buddy?</p>
10 mins	<p><u>Presentation:</u> ask one or two groups to present the summary of their challenge on their app or their worksheet. Worksheets can be pinned up in the classroom to remind children of the different negative thoughts and ways to challenge them</p>
10 mins	<p><u>Game time:</u> free time for children to play the positive penguins game and end the lesson having fun and hopefully some laughs!!</p>

