

TRYING NEW THINGS

SESSION B



LEARNING OBJECTIVES:

To be able to face some of our fears.

Script:

“I want you to think back to the last lesson children. Can you remember some of the things that people in our class disliked or were frightened of? Today I am going to give you the chance to face some of your fears. You will need to be brave today, I will not make you do anything you do not want to do but I will try and help you to be strong.”

Suggested Resources:

Risk assessment for food allergies, samples of food that children stated they do not like. Consider preparation to help children face their fears, e.g. animal man (spiders), P.E. equipment (heights), etc.. It would be a sensible idea to communicate your intentions to parents before the day.

Character Coaching

Guidance:

I know it feels scary but give it a try anyway!

Meaningful Praise:

Children you have been so brave and courageous today. Some of you may not have completely faced your fears but you still showed real signs of courage. I am so proud of you all.

Suggested Activities:

Prepare suggested resources for the children to try. Are they able to taste the food? Touch the spider? Climb the apparatus? When working with children/group, ask children how they feel and record their responses.

Plenary:

Ask children for feedback. How did the children feel as they were about to face their fears/dislikes? How did they feel afterwards? What did they have to do to make themselves brave enough?

Correction:

You may not always be able to face your fears but it is important to be brave enough to try.

COURAGE

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