It’s Okay Not To Be Okay: A feelings workshop



SOPHIE SAYS

Heads Up Kids

What makes us feel good?

Learning Objectives:

Children consider:

- That we all have bad days sometimes and that's Okay
- The things that they love and make them happy
- That things that make us feel good can help us when we don't feel Okay

Outcome Statements:

I know it's Okay to have a bad day

I know the things that make me happy

Resources:

- [ ] Slideshow
- [ ] Rainbow Display Template - create a wall display in advance so that children can add their work (Table Activity below)

  This may need to be trimmed after printing to remove white edges.
- [ ] Things that make me feel good worksheet

Carpet Time:

It's Okay not to be Okay:

3 mins

Slide 2: It's Okay not to be Okay

Play "It's Okay to not to be Okay" from the slideshow. Encourage children to join in and copy the actions in the chorus.

Introduction:

5 mins

Slide 3: Rules

The teacher reads the rules and explains them to the children, adding extra information if necessary.

- **Listen** - we wait for our turn to speak quietly and listen to other people
- **Be Kind** - we make sure everyone has a chance and help others when we can
- **Try Our Best** – we join in, have a go and ask for help when we need it

Slide 4: Screenshot from the Song: 'Tomorrow is a bright new day"

Just like Jamie in the song (green t-shirt), we all have days when we don't feel okay. It's okay not to be okay. The teacher asks the children, *What do you do when you don't feel okay?*

Some Suggestions:

We might cry, shout, want to be alone, not want to join in.....

We are all different and we all do different things when we don't feel okay.

Interaction:

6 mins

Slide 4: Rainbow Breathing - 3mins

*When we feel like this the **first** thing we need to do is calm down. I like to do something called Rainbow Breathing. Let's all do some Rainbow Breathing together.*

The teacher demonstrates:

Look at the rainbow, now point your finger straight out to Sophie at the side of the rainbow. Take a big breath in starting at Bunny on the red part of the rainbow all the way up to the top of the rainbow and then let a big breath out to the bottom of the rainbow all the way down to Sophie. Then repeat for Orange, yellow, green, blue etc.

Rainbow breathing helps us to calm down and feel better.

Watch the video here

Slide 5: Tomorrow is a bright new day - 3 min

Let's think about all the things that we love and the things that make us happy.

Teacher asks for suggestions and can feed in:

- Playing in the park
- Having a hug
- Building with lego
- Drawing
- Looking at a book
- Laughing with a friend

I love baking cakes (or your own example) *and it makes me feel better when I don't feel okay.*

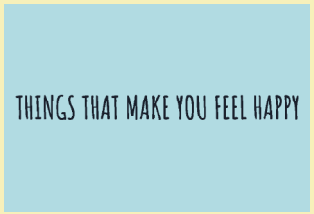
Table Activity

15 mins

Things that make me feel good worksheet and display

The table activity can be done straight after the carpet time or can be used at any point during the day in small groups or as a whole class.

The Rainbow Display Template will be on the wall



On the table there will be Things that make me feel good worksheets and coloured pencils. The children will draw their own ideas of what makes them feel good in the shapes.

The teacher reminds the class that we all have different things that make us feel good.



The children then cut out their shapes and stick them onto the Rainbow display. (Glue/blu tac)

Remember to take a photo

End of Session/Day:

The teacher brings the children back to the carpet and asks who would like to share what they added to the rainbow.

Slide 6: It's Okay not to be Okay (abridged version)
The teacher plays the song again and encourages the class to join in with the actions.

Children's Mental Health Week

Share your display photos as part of Children's Mental Health Week and tag **@sophiesaysofficial** on Instagram.

