

Lesson Title: Brave Face

Aim of session: This resilience focused dance activity is designed to empower children to try something new and try their best, even if they feel nervous about trying.

Lesson information

Duration: 40 minutes

Age range: 5 - 11 years

Session plan number: 1



movie

Starter Activity 1: Introduction to being brave

 10 mins

- Set up the movie ready to play. The children should be standing with their chairs pushed under their desks giving them plenty of room to follow along to the movie.
- Play the movie, encourage the children to move along with Jack and Morgan.
- Once the movie has finished, children should sit down ready to work through the challenge with you. Chat through what being brave means to them before moving on to the challenge.

Activity 2: Set a challenge they have to overcome

 20 mins

- Set a challenge for the children to try, the challenge can be inside or outside, physical or mental, in groups or pairs.
- The challenge could be that they are asked to create a particular object out of the things they can find in the classroom. Or it may be the groups have to get to one side of the hall to the other without touching the floor with their feet, it's totally up to you, make it fun and enjoyable, not scary.
- Set parameters and expectations so they are clear about the challenge and explain the focus is on the quality of the work, not the speed in which they finish.

Activity 3: Discuss resilience



10 mins

- Use the challenge as discussion starter:
 - A. How did they feel when they were set the challenge—nervous, excited, scared?
 - B. How did they overcome the challenge they were set?
 - C. How could they improve what they did?
 - D. How did they feel when they had a go at something new and achieved something positive?

Plenary

In readiness for tomorrow's lesson "Nothing Grows in Your Comfort Zone", ask the children to start to think about something they would like to try - yet feel nervous about trying it.

Praise the group for being awesome and round up the session on a high.

Teacher notes and review

A large, empty rectangular box with a thin black border, intended for teacher notes and review.