

HAPPY HABITATS

Paper Chains For Happy Brains Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ✓ The Paper Chains for Happy Brains worksheet
- ✓ Pens or pencils

L.O:

- ✓ To recognise when a friend is in need of support.
- ✓ To feel confident in sharing a supportive message.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Ask the class to discuss how they might be able to spot when a friend is in need of some extra support, or how they might act when they are in need.

MAIN TEACHING (10mins)

Tell the class that we will be exploring both the reason why it is important to share when we need help and also why it is just as important to listen out for those who are asking for help.

Ask for volunteers to share times when they have asked for help, what they asked for, who they asked and what help they received.

Now ask for volunteers to share times when others reached out to them for help and what they did to help.

Have the class think about how this kind of help might make others feel, and if we could do the same with a kind message.

MAIN TASK - Paper Chains for Happy Brains (15mins)

For this activity we will be writing personal messages to people who we know that we think might need a little message of support.

But it is important that the pupils keep them anonymous and say only nice things.

The class can write and decorate as many paper chain links as they like and then link them all up together at the end to make one big long paper chain of supportive messages.

PLENARY (2mins)

Ask for volunteers to share some of the supportive messages they have written and why they think it might make someone feel better.

DID YOU KNOW!

These happy messages could help someone feel better about bad things that might have happened during their day, and prevent them from losing their temper. Explore the PSHE lesson to see how we can do this for ourselves.

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CHILDREN'S SHEET

For this activity we will be writing personal notes to people we know who we think might need a little message of support. But it is important that we keep them anonymous and say only nice things.

Write and decorate as many paper chain links as you like and then link them all up together to make one long paper chain of supportive messages.

Stick here



Your happy brain message...



Stick here



Your happy brain message...



Stick here



Your happy brain message...



Stick here



Your happy brain message...



Stick here



Your happy brain message...

