



Polar Bear Roar Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- Your voice

L.O:

- I understand how to recognise when things are getting a bit much for me to handle.
- I understand how releasing tension can help me regulate my emotions.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Have the children discuss how they might release pent up anger or energy and why it is good for them to do so.

MAIN TEACHING (10mins)

Tell the children that overheating can mean more than just a rising temperature. It can also indicate such things as increased stress levels, anger or anxiety. Ask for volunteers to suggest how we could spot the difference.

Explore situations that may cause such a thing to happen. What may make us feel more stressed, or worried. Ask for volunteers to make suggestions.

These could be such things as having an argument with someone, getting in trouble, being late for something like school or an appointment. Any of these things can cause additional stress, worry, anger or anxiety.

MAIN TASK - Polar Bear Roar (15mins)

Tell the children that we will be practicing how to relieve some of that pent up stress, anger or worry by letting out our inner polar bear. But before you do, ask the children to suggest other ways in which they could release this kind of tension.

That could be shouting into a pillow, playing some loud music and dancing, doing some exercise or going for a run or walk. Tell the children that it can be anything that helps them to feel calmer and happier.

Now tell them that when some polar bears are grumpy they like to let out a big, loud roar, which helps to relieve some of the tension. Do your best polar bear stance, take a big deep breath and let out a roar.

*For children who may be more sensitive to loud noises, do the same activity but instead of a loud roar have the children make the silliest polar bear noise they can think of.

PLENARY (2mins)

GROUP DISCUSSION – As a group discuss why these kinds of actions can help us to feel calmer and more relaxed.

DID YOU KNOW!

Polar bears are classed as marine mammals... change my mind...

Explore the persuasive writing literacy lessons to find out how put together a believable argument in preparation for a debate.



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CHILDREN'S SHEET

When some polar bears are grumpy they like to let out a big, loud roar, which helps to relieve some of the tension.
Do your best polar bear stance, take a big deep breath and let out a roar.

