

Trust your Gut Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ The Trust your Gut worksheet
- ▶ Pens / pencils

L.O:

- ▶ To understand the meaning of intuition.
- ▶ To know when to listen to my gut/instinct.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Together discuss the meaning of intuition and have the children share why they think in some situations our intuition, or trusting our gut feeling can keep us safe.

MAIN TEACHING (10mins)

Tell the children that whilst they may often hear that they must do as they are told, not get angry, not shout and always be polite and courteous, it can sometimes be ok to go against this if it really feels like we should.

Ask the children to share a situation when it might be a good thing to shout and call out for help or attention. Or when we can go against what someone, such as an adult, tells us to do.

Tell them that sometimes our gut or our instincts let us know when something isn't right. See if the children can share what this feels like. If not you can say that it might feel like butterflies in our stomach, or increased anxiety and awareness of our surroundings. When we feel that way it can be good to listen to our bodies as it could keep us safe.

MAIN TASK - (15mins)

Tell the children that it can sometimes be difficult to

tell when a situation isn't right. But paying attention to our surroundings and listening to our instinct will often tell us if something is off and can really help us to stay safe.

In pairs, have the children act out the scenarios below, taking note of how each is slightly different. They must think about how they would respond to each situation carefully and take turns acting this out.

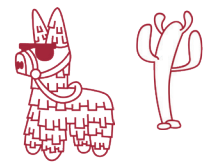
- ▶ Do you have the time please?
Can you give me your phone so I can see the time?
- ▶ I have lost my dog, have you seen it anywhere?
I have lost my dog, will you come with me to find it?
- ▶ It's raining, I'll get your mum to pick you up.
It's raining, I will give you a lift home.
- ▶ I have a new kitten, here is a picture.
I have a new kitten, come to my home to see it.

PLENARY (2mins)

GROUP DISCUSSION – As a group have the children discuss what made those scenarios different and why they think one may be less safe than the other.



MEXICAN MAGNIFICENCE



Trust your Gut Worksheet CHILDREN SHEET

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In pairs, act out the scenarios below, taking note of how each is slightly different. Think carefully about how you would respond to each situation, and take turns acting this out.

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