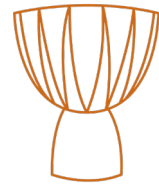




# AWESOME AFRICA



## Jump the Blues Away Worksheet

### TEACHER GUIDANCE SHEET

#### Required Material:

- ▶ Space to jump around
- ▶ Music or musical instruments (optional)

#### L.O:

- ▶ I can recognise when I am feeling low.
- ▶ I can practice different exercises to lift my mood.

### STARTING ACTIVITY (5mins)

**GROUP DISCUSSION** – Together discuss what it means to feel blue, and when we feel like this how do we help lift our spirits.

### MAIN TEACHING (10mins)

Tell the children that we all have blue days where we can feel quite low. When we feel like this it can be for a very short period of time, or we could feel this way for the whole day and even longer. Make sure the children know that they can always share with others when they feel like this as it can help to not be alone in that feeling.

Ask for volunteers to share times when they have felt like this, and if they are comfortable to do so, suggest what they think may have caused it, and what they did to make themselves feel better.

Tell the children that when we feel such a way it can have a massive impact on our behaviour and thoughts, which can make these feelings worse and we may find ourselves stuck in that feeling for sometime. But there are things we can do to help us bounce back.

### MAIN TASK - (15mins)

Introduce the Maasai Tribe that is in the story and

tell the children that this is a tribe from a certain area of Africa. The Maasai are known for many things such as the bright clothing they wear, their ancient culture and their famous jumping dance.

This dance is often done in celebration, with the men of the tribe jumping as high as they can whilst straight, as the women of the tribe sing.

The act of jumping and dancing in this way is a great way to boost our energy, liven our spirits and lift our moods. Have the children take turns jumping as high as they can with their arms down by their side. You can play music or have the children play instruments as others jump.

### PLENARY (2mins)

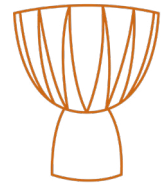
**GROUP DISCUSSION** – Ask for volunteers to share how the jumping dance made them feel and if they could feel it lifting their spirits.

### DID YOU KNOW!

Some of the largest mammals in the world live in Africa, including elephant (largest), giraffe (tallest) and also the cheetah which is the fastest at 70 mph!



# AWESOME AFRICA



## Jump the Blues Away Worksheet

CHILDREN'S SHEET

The Maasai Tribe that is in the story is a tribe from a certain area of Africa. The Maasai are known for many things such as the bright clothing they wear, their ancient culture and their famous jumping dance. This dance is often done in celebration, with the men of the tribe jumping as high as they can whilst straight, as the women of the tribe sing.

The act of jumping and dancing in this way is a great way to boost our energy, liven our spirits and lift our moods. Take turns jumping as high as you can with your arms down by your side. Why not play music or instruments as others jump.

