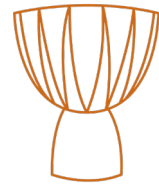




AWESOME AFRICA



A Quiet Breath of Colour Worksheet TEACHER GUIDANCE SHEET

Required Material:

- ▶ The A Quiet Breath of Colour Worksheet
- ▶ Colouring pens / pencils

L.O:

- ▶ To understand what a coping mechanism is.
- ▶ To be able to practice quiet time using the colouring exercise.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Together talk about the ways in which we help ourselves calm down. We may even have different ways to calm ourselves when we are over excited, angry or stressed.

MAIN TEACHING (10mins)

Firstly ask for volunteers to suggest what they think coping mechanisms are. Tell them that these are things that people do to manage their emotions, and can be completely different from person to person.

Tell the children that having our own coping mechanisms can be really important when we are feeling overwhelmed, as they can help us to stay in control of our emotions and our reactions.

We can all have our own coping mechanisms that are unique to us and work best. See if the children can suggest when they might use their coping mechanism.

MAIN TASK - (15mins)

Tell the children that a really good coping mechanism for any overwhelming time is to remove ourselves from the situation, and take some quiet time to breathe and calm our minds.

Taking this one step further, when we are taking big

deep breaths, we can close our eyes, picture a scene in our heads and every time we breathe out we can imagine blowing colours onto that image and filling it in.

Looking at the image on the worksheet, have the children picture it in their head, and taking big deep breaths colour in each section. With each colour they see in their mind, have them colour it on the worksheet.

PLENARY (2mins)

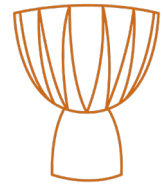
GROUP DISCUSSION – Ask for volunteers to share their images and suggest why they may have imagined those colours for the picture.

DID YOU KNOW!

In the Serengeti NP Tanzania, a yearly 'migration' takes place when thousands of zebras and wildebeest travel across the land searching for water. This is the largest number of animals to travel at one time in the world.



AWESOME AFRICA



A Quiet Breath of Colour Worksheet CHILDREN'S SHEET

A really good coping mechanism for any overwhelming time is to remove ourselves from the situation, and take some quiet time to breathe and calm our minds.

When we are taking big deep breaths, we can also close our eyes, picture a scene in our heads and every time we breathe out we can imagine blowing

colours onto that image and filling it in.

Looking at the image on the worksheet, picture it in your head, and taking big deep breaths colour in each section. With each colour you see in your mind, colour it on the worksheet.

