

# Lesson 1: 'Let's work together'

**Subject:** Drama  
Spoken English

**KS1**

**Lesson 1 of 3**

## Learning Objective(s)

- To learn about and discuss my feelings
- To understand how to manage our own feelings and to support each other's feelings too
- To learn positive coping strategies in school situations and practice good mental health and emotional wellbeing

## Resources

- Mental Health Motto A3 Print Out for display
- Pencil / Pen to sign the Motto Display
- PPT

## Teacher input

- Carpet Time - welcome the children to the carpet in a circle / horseshoe so they can all see each other
- Ice-Breaker Activity - Class Discussion reflecting on receptions' first day and recalling their own
- Discuss the key vocabulary - explain that we all have different thoughts and feelings, and this is OK

## Main Activity: "Scene – Freeze – Solve!"

Children work in small mixed-ability groups to freeze-frame moments from the PPT and discuss how they can help each other in different school social situations.

Groups perform the "scene", the teacher shouts "freeze" for the moment that needs help, and the groups then show the class how they would "solve" the situation and support others.

*Teacher to pick up on words / sentences from each freeze frame to create Class Motto as the Drama session continues.*

'Help the Happy-O-Meter' - learning to support each other to create a safe, secure learning environment.

Each successful freeze frame, the class decide together if that person is now happy, and the meter will rise 😊

### Level 1 (LA)

Mixed ability grouping  
Closed questions

### Level 2 (MA)

Mixed ability grouping  
Closed / scaffolded questions

### Level 3 (HA)

Mixed ability grouping  
Open questions

## Plenary

Children to make a Class Mental Health Motto together and add it to the A3 prepared sheet to display in their classroom.

Children can all write their name / draw a smiley face / add a sticker to it - like a class contract

## Discussion/Assessment Questions

- Why is it important that we work together?
- What does it mean to be a good friend / classmate?
- How can you help more going forward in your class?
- Why do people think differently from you?
- Is it ok to be different?

## Displaying work

Following school Safeguarding rules, photographs could be taken to show the freeze frames of the children overcoming situations to help each other.

If space allows, we encourage you to display the work from this and the other 2 lessons in this series on a large rainbow background using the heading 'Shine Like a Rainbow'.

## Curriculum Links

En 1/1 Spoken Language and En 2/2 Spoken Language – multiple objectives met