Choose a piece of music and consider how you could use this in a HWB lesson about mental health.

**Evidence: Write up a lesson outline plan (with learning intentions, success criteria, assessment and activities), include the music used. (1 hour)**

**Lesson Plan/Idea**

LI: about different strategies to create a calm state of mind

SC: I can discuss two things which will help me feel calm

I can suggest something which makes me feel calm

Assessment: through discussion; pupil feedback; class mind map

\*if challenging pupil(s) in class, may create their own profile to go to in times need or a whole class one to promote positive behaviour of all

Activities: Discuss breathing; music; drawing; reading; sensory objects (all 5 senses); stress balls/relievers; yoga/meditation etc.

Lesson Outline:

This lesson should focus on getting the children to think about what calmness is; looks like/feels like.

To begin the lesson a piece of music could play for a certain length of time to enable the children to think about how they feel when it is on. For example: <https://www.youtube.com/watch?v=FOIjvHjK0Rw> could be used. This should help generate answers such as ‘calm’, ‘relaxed’, ‘chilled’, ‘no worries’ etc.

After this the children could discuss a particular time they have felt calm and why they felt calm at this time. They could discuss in pairs before bringing it back as a whole class (this enables those not wanting to disclose to a bigger group if they do not wish to).

Following this discussion, the children could identify different activities/strategies which may help them become calm in a stressful situation. Some of these suggestions may be appropriate to develop as a main focus; for example, breathing exercises. You may however wish to be specific and focus on other ways to create a calm state (as stated above).

\*\* This lesson could help promote discussions about when it would be appropriate to use these strategies which could be further developed to promote positive behaviour.