

	Lesson Plan/Activity	Resource	Facilitated Questions/ Plenary
<p>Lesson 4 - Get to know your Passport</p> <p>Session Objectives / Key teachings:</p> <ul style="list-style-type: none"> Learn the RELAX Motto and Become familiar with the passport 	<p>Play Video 4 - Get to know your Passport</p> <p>Ok so before we get our passports we're going to learn the RELAX Motto!</p> <p>Exercise 1: (5 minutes) Repeat RELAX Motto by call and response with actions as per video. Go through this a couple of times so they get used to it.</p> <p>Q. How do you feel now?</p> <p>Q. Which motto do you like the best? Why?</p> <p>Q. What other lines would you add to the motto? Q. Why not invent an action to each new motto line? Show these.</p> <p>Exercise 2: Passport (10mins) You can now complete and colour in the passport pages (1 and 2). Ask each child to fill their name and draw/write how they like to relax on page 1. Ask them to make themselves as comfortable as possible.</p> <p>Play Beautiful Child song while the children complete the pages. Ask the children to listen to the words of the song while they colour in the pages.</p> <p>Ask the children to take their time, you can repeat the music several times. So we have completed the Welcome part of the programme next up is:</p> <p>Ready to Relax. END of LESSON 4.</p>	<p>PDF Slide Relax Motto</p> <p>Passport</p> <p>Colours/pens/crayons</p> <p>Beautiful Child (AMBER Soul Songs) uploaded</p>	<p>Q. When might we need our Anchor person?</p> <p>Q. What have you learnt about relaxing?</p> <p>Q. What have you learnt about Anchoring?</p>