

	Lesson Plan/Activity	Resource
<p><b>Passport Session</b></p> <p><b>Session Objectives / Key teachings:</b></p> <ul style="list-style-type: none"> <li>• Complete the relevant Passport page</li> </ul>	<p><b>(12 minutes)</b></p> <p><b>Preparation (5 minutes)</b> You are now ready to complete and colour in the relevant passport pages. After completing each theme you will make this by personalising each page.</p> <p>Hand out the passports, one for each child and ask the children to get colouring pencils read or pens. Establish an air calm as you the children to get comfortable, you can ask the class to <b>shake themselves out</b> and then take <b>2-3 belly breaths</b> to ready themselves. This unblocks and stuck or restless energy, help regulate and focus' concentration.</p> <p>As the passport session is repeated at the end of each theme children will be become familiar with the set up and regulation prior to colouring in, The 10minute video allows for a full relaxation session where children take the time to personalise their passport and listen to specially composed music.</p> <p>Explain that there will be some music on the video especially written for children that AMBER wants you to listen to you. AMBER wants you to take your time with the colouring in and</p> <p><b>Play Passport video (10mins)</b></p> <p>The <b>Chime</b> starts and ends the passport session. This will become a signal to calm any arousal.</p> <p><b>Nature sounds</b> help connect with the imagination and their senses.</p> <p>The song <b>Feelings</b> help children attune to their physical can emotionally state and that feelings are not either good or bad.</p> <p>The <b>Beautiful Child song</b> will be playing in the while the children complete the pages. Ask the children to listen to the words of the song while they colour in the pages, the lyrics</p>	<p>Passport</p> <p>Colours/pens/crayons</p> <p>Optional Stickers, stamps and other types of decoration</p>

have been written to speak to each individual, noticing that they matter and have a place in the world.

**Nature sounds** help connect with the imagination and their senses.

The **Chime** ends the passport session. This will become a signal that they are ready for the day ahead.

Collect up all of the passports and check in how the children are feeling or use the questions related to each theme/page. You can stamp or sticker each page of the final page if you wish.

#### **EXTENSION**

You can also read **My Body is a Rainbow Poem** over the ambient nature sounds. This helps to connect the children with the programme themes, their body and emotions while in a relaxation state.