

## SESSION: JACK & THE BEANSTALK

### Learning Outcomes

- **PSED:** Children understand someone else's point of view can be different from theirs
- **PE:** Children know about, and can make healthy choices in relation to, healthy eating and exercise
- **CL:** Children listen to instructions and follow them accurately

### Theme:

This class is the story about Jack and the Beanstalk, children will follow the teacher in acting out the story where Jack climbs a beanstalk and discovers Giant's country!

### Discussion Point 7 minutes

What does Jack swap for his cow?

Magic beans with the old crooked man.

### Relaxation

Children should lay down on their back and close their eyes if they feel comfortable to do so.

If possible, turn off the lights to help with the ambience of the room.

Throughout this part, children should try to stay still and quiet and practice their breathing in through the nose and out through the mouth, this helps them to feel calm and relaxed. We will play relaxing music throughout the relaxation.

At first children may find it difficult to relax and stay still, but over the weeks you will notice the difference and the length of the relaxation will increase.

Children will listen to a lovely magic carpet ride visualisation.