

SESSION: WE'RE GOING ON A BEAR HUNT

Learning Outcomes

- **UtW:** Children know that the environment and living things are influenced by human activity
- **CL:** Children listen to instructions and follow them accurately
- **CL:** Children can carry out instructions which contain several parts in a sequence.

Theme:

This class we will take children on a bear hunt through long grass, sticky mud and to a cave to find a bear. Children will act out the story with the teacher.

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 visualisation about an Adventure with a Little Person.