
Weaving Well-Being Positive Emotions Programme Samples

Teacher Guide - Y3/P4

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Lesson 7: Rainbow Moments

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Lesson 7: PowerPoint Slides

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Lesson 7: Supplementary Worksheet

My Rainbow Moments - SW7

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Lesson 7: Class Poster

Rainbow Moments - CP7





Lesson 7: Rainbow Moments

Core Theme 1: Health and Well-being Mental Health

Pupils should have the opportunity to learn:

- England**
- H17. To recognise that feelings can change over time and range in intensity
 - H18. About everyday things that affect feelings and the importance of expressing feelings
 - H19. A varied vocabulary to use when talking about feelings; about how to express feelings in different ways
 - H20. Strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations

Skills

Learners should be given opportunities to:

- Wales**
- Manage different emotions and develop strategies to resolve conflict and deal with bullying

Health and emotional well-being

Learners should be given opportunities to:

- Feel positive about themselves and be sensitive towards the feelings of others
- Understand the range of their own and others' feelings and emotions

Mental, emotional, social and physical well-being

Mental and emotional well-being

- Scotland**
- I am aware of and able to express my feelings and am developing the ability to talk about them. HWB 1-01a
 - I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them. HWB 1-02a
 - I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave. HWB 1-04a

Strand 1: Personal Understanding and Health

Self-Awareness

Children should have opportunities to explore:

- Northern Ireland**
- Feeling positive about themselves, and developing an understanding of their self-esteem and confidence
 - Beginning to recognise, name and manage their own feelings and emotions and realise that they are a natural, important and healthy part of a human being



Part 3



Lesson Plans and PowerPoint Slides

Objectives


1. That the children will start to notice all of the small positive things in their daily lives, to which they often do not attend.
2. To give the children the opportunity to notice and record these '**Rainbow Moments**' and to observe any positive emotions generated from them.
3. To help the children to understand that our minds are very good at noticing negative events and that we need to re-train them to notice positive events.


Development

- Show and discuss PowerPoint slides.
- Discuss and complete one or both of the activities in the children's Pupil Book.
- Discuss and set the homework page.

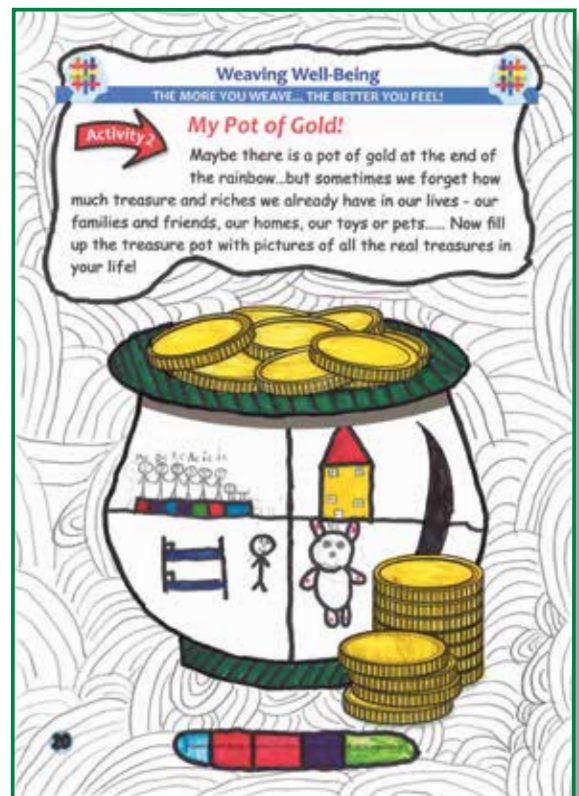
Lesson 7: Cross-curricular Links / Supplementary Activities

- Encourage the children to use the **Rainbow Moments** activity in subsequent weeks by continuing to record their own **Rainbow Moments** in a notebook each morning or using Supplementary Worksheet - SW7 (page 32). This can provide a positive start to their day.
- Creative writing- **The End of the Rainbow**
- Ask the children to discuss which particular positive emotion each **Rainbow Moment** gives them.

 **Rainbow Moments** - Explanation of Rainbow Moments with lots of children's examples and children talking about why they like them - Vimeo (4:14)
www.otb.ie/well-being-taster

 There are additional videos available on the **Weaving Well-Being** Vimeo channel which can be accessed on this taster programme's digital companion page on:
www.otb.ie/well-being-taster

Links to the videos used in all ten lessons as well as other recommended third-party videos that support the delivery of the lessons are available on the digital companion page of the **Positive Emotions Teacher Guide**.



Sample of child's work from their Pupil Book



Part 3



Lesson Plans and PowerPoint Slides

Lesson 7: PowerPoint Slides Rainbow Moments



PP Lesson 7 PowerPoint is available to download on the digital companion page for this taster book on: www.otb.ie/well-being-taster

PowerPoints for all ten lessons are available on the digital companion page of the **Positive Emotions Teacher Guide**.


Slide 46

Positive Emotions

Lesson 7

Ingredient 4

Rainbow Moments



Slide 47

Our Next Ingredient....

- Can you remember our first three ingredients?
- Let's talk about how you have been using them.
- It's now time to learn about our next ingredient:



Rainbow Moments!



Slide 48

What are Rainbow Moments?

Rainbow Moments are all of those lovely little moments during the day when things go well for us. Can you think of any examples?

You play a fun game at break, **you watch a great movie**, you spend time with your friend, **you notice something beautiful**, someone is kind or helpful to you, **you feel proud of yourself for finishing something difficult...**





Slide 49

Rainbow Moments....

Even a bad day has **Rainbow Moments!**

The trick is to **train your mind** to notice them!

Our minds are already very good at noticing the bad things that happen, and thinking about them too much.

So let's **re-train** it!





Slide 50

Let's Notice our **Rainbow Moments**

Your challenge this week is to re-train your mind so that it starts to notice your **Rainbow Moments!**

Let's try to notice **three each day** and write them down. Good Luck and enjoy your challenge!





Slide 51

Have a look!

Let's watch a video of children talking about their own **Rainbow Moments** and how they make them feel.





Slide 52

Pupil Book Time

Now it's time to do some activities in our **Weaving Well-Being Pupil Books**.

We will also have a home-work challenge to try this week to help us **create** our own **well-being**.

