

Monday 12th April 2021

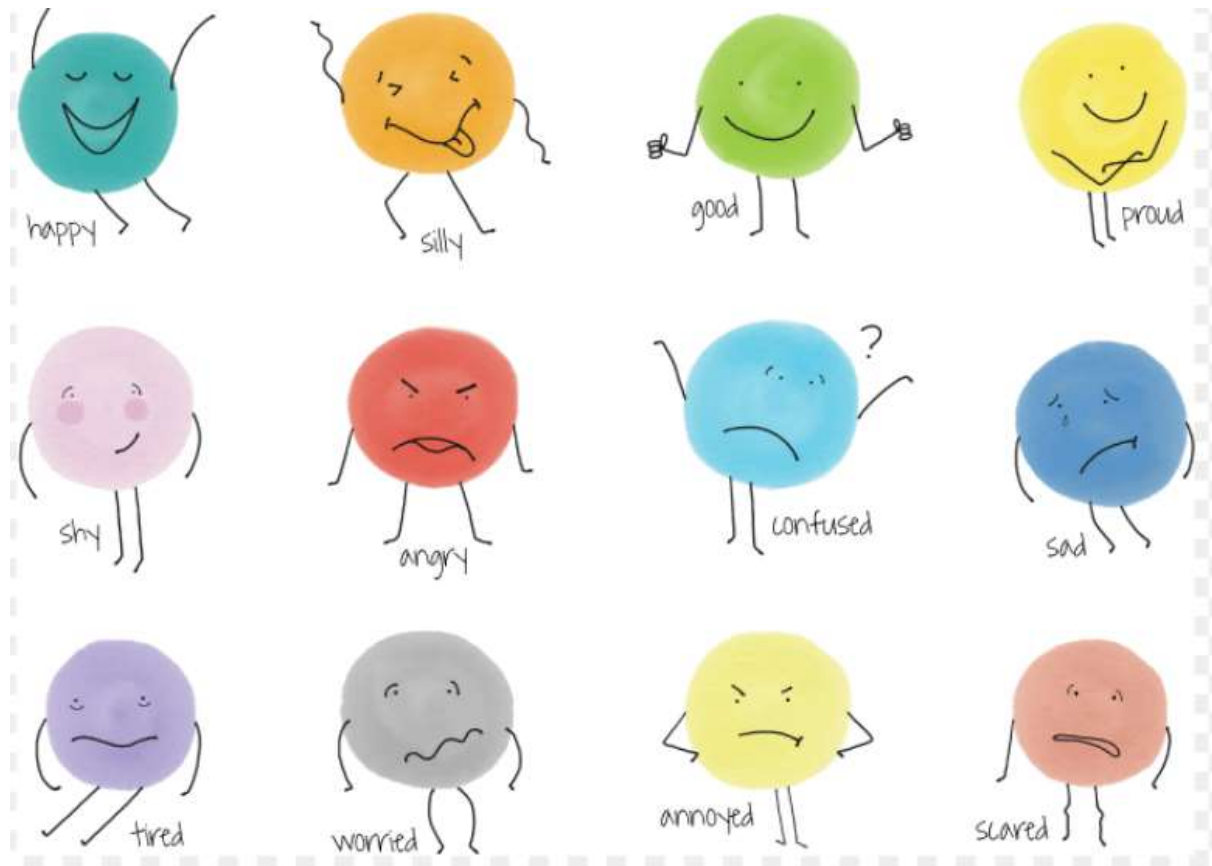
<i>Learning Objective</i> <i>To create group rules for a safe talking environment in the classroom.</i>	
<i>Success Criteria</i>	<i>Self Assessment</i>
<i>To understand and follow the rules of the 'talking object'.</i>	
<i>To identify times, you may have felt various different feelings.</i>	
<i>To have a go at the hand relaxation activity and review it in your books.</i>	

Why is it important to have a group set of rules to create a safe environment?

Our group rules are:

<u>1</u>	
<u>2</u>	
<u>3</u>	
<u>4</u>	
<u>5</u>	
<u>6</u>	
<u>7</u>	
<u>8</u>	

Can you think of examples of times where you may have felt these emotions?



Can you explain the relaxation activity we have just tried in a couple of sentences below (you could use a diagram too if that would help your explanation)? Could you then explain how this activity made you feel? And whether you feel that you could do anything else to make it more unique and helpful for you.