



Lower primary lesson plan

Objectives

- Students understand that their emotions can be a powerful tool to help them assess unsafe situations.
- Students can identify some of the physical sensations that alert us to unsafe situations.

Suggested lesson progression

Review the key teaching point from episodes two and three—it is good to turn to people we trust for help when deciding about sharing information online. There are some people in our lives that we can trust, and others we can't. Tell the class that today they will begin to learn how to listen to their feelings to help them tell the difference between people they can and can't trust.

Explain to the class that our feelings can sometimes tell us when a situation is unsafe, or a person is not to be trusted. Our feelings can affect the way our body feels by sending it clues that we don't feel right about something. It's important to always listen to what these feelings are telling you.

View Hector's World™ Episode 4: The Info Gang twice. Between viewings, review the story and ask the students to try to pay particular attention to what happens to Tama. In this episode, Tama senses that a situation is not safe and acts on that feeling. This is important role modelling for the class.

Activity

Discuss with the class the different feelings that Tama experiences in the episode, and what caused each of those feelings. As each feeling is identified, ask the class to describe the different effects that that feeling can have on our bodies by standing and demonstrating how their bodies might act if they were feeling that way.

For example, one emotion that Tama experiences is fear. Your discussion with the class could focus on how being scared often makes our legs shake, our hands tremble and our breath shortens. With the help of the class, write on the board a list of feeling words, such as happy, sad, angry, nervous, scared, confused or excited. Students could then stand and demonstrate how each of these feelings affects them.

Teacher's hints

You might prefer to divide the class into three groups, and allocate one question to each group. Alternatively you could work with the whole class, pausing the animation if possible between questions rather than asking all three questions at the very beginning.

Review the lesson, emphasising the importance of always listening to what our feelings are telling us. Link this lesson to the previous two, emphasising this important point—when our feelings send us a message that something is wrong, it is a good idea to seek help from the people we trust. This could be while we are at school, out shopping, or even at home.

Reiterate that if the first person they tell does not help, that it is good to keep on telling until someone helps.











