



Timmy's Trip

Session Plan



Butterfly Plan - 4 to 6 years

Learning Objectives

- To become aware of the feelings of happiness and sadness in self and in others
- To recognize and identify the body's reactions to happiness and sadness
- To link own life's events to happiness and sadness.

Summary of activities and materials

Classroom Activities "Timmy's Trip"- The Story

Read the first episode of Timmy's Story to help the children to get to know Timmy, the main character of this adventure. The first episode is focused on becoming aware, recognizing, labeling the feelings of happiness and sadness.

"Timmy's Trip" – Thinking

Discuss Timmy's adventure with the children to help them understand in more depth the emotions felt by characters in the story.

"Make your own Timmy"

An art and crafts activity for young children to enjoy Timmy's story.

"How does your face look like"

The children draw faces' expressive cues to identify emotions.



Home Activity

"I felt happy/sad when..."

Children think about a past event when they felt happy/sad, they draw it and they ask somebody (e.g. a parent) to write what happened to them in that event. This activity will help the child to share an emotional experience with a significant adult.



Seahorse Plan – 7 to 10 years

Learning Objectives

- To become aware of the feelings of happiness and sadness in self and in others.
- To recognize and identify the body's reactions to happiness and sadness.
- To enrich the vocabulary of related to feelings of happiness and sadness

Summary of activities and materials

Classroom Activities **"Timmy's Trip" – The Story**

Read the first episode of Timmy's Story to help the children to get to know Timmy, the main character of this adventure. The first episode is focused on recognizing, labeling and becoming aware of happiness and sadness.

"Timmy's Trip" – Thinking

Discuss Timmy's adventure with the children to help them understand in more depth the emotions felt by characters in the story.

"I felt..."

The activity is designed to help children to identify sad events from their lives differentiating them in three levels of intensity: upset, worry and sadness.

"Your body is speaking"

The children focus on the subjective perceptions of the body (e.g. heart beating, fatigue, etc.) related to happiness and sadness.

Handouts for teacher

These handouts are planned to support the teacher to enrich the children's vocabulary of happiness and sadness.

Home Activity

"My happiness' /sadness list"

The children list all the words they know related to happiness and sadness, distinguishing between light and intense feelings.





Timmy's Trip

The Story



Once upon a time, on a planet far, far away, there was a robot named Timmy.

Timmy was very curious and he used to think and dream a lot of travelling and discovering the world around him.

Timmy's mother and father were the owners of the most famous factory to build spaceships.

One day while he was coming back from school, Timmy decided to say hello to his parents in their spacecraft's factory.

"Hello Timmy" - said one of the workers - "What are you doing here?"

"I'm searching for my dad, you know he told me he was almost finishing a huge spacecraft to travel across space. I really would like to see it!" said Timmy jumping everywhere.

"If you need your dad, I think you'll find him on that ship over there, the red one" – answered the worker.

Timmy followed the directions and he arrived in front of the huge red spaceship. He was so curious that he could not stop from going into the ship.

"Dad...are you here? It's me...where are you?" – asked Timmy. But as he was looking for his dad, Timmy slipped on a patch of oil and he grabbed to a large lever so as not to fall down.

The spacecraft started making strange noises and in a second all the engines were switched on! Timmy couldn't do anything, he was already traveling through the space!

The spaceship crossed various planets and stars and finally Timmy arrived to our planet, the Earth.

Martin lived in a small house, in a little village with his family. Timmy came out from the ship and he walked slowly towards Martin's house looking inside the house from outside, in silence.

Martin was playing and talking in the living room with his mum. "You know, mummy, today my school teacher told me she is going to go away because she has to move to another country".

Timmy could see everything from the window and, for the first time in his life, he noticed that some strange water drops around Martin's eyes. He also observed that Martin's voice became lower.

Timmy could not understand what was happening to Martin...





Timmy's Trip

Thinking



Understanding the story

- Who is Timmy?
- Where does Timmy live?
- With whom does Timmy live?
- What happens when Timmy is looking for his dad?
- Where does Timmy finally arrive on the spaceship?
- With whom does Timmy meet then?

Reflecting on the social and emotional aspect of the story

- What does Timmy see from Martin's window? Describe it in detail.
- Which emotion does Martin feel in your opinion? Why?
- Have you ever felt like Martin? Describe what happened to you then.



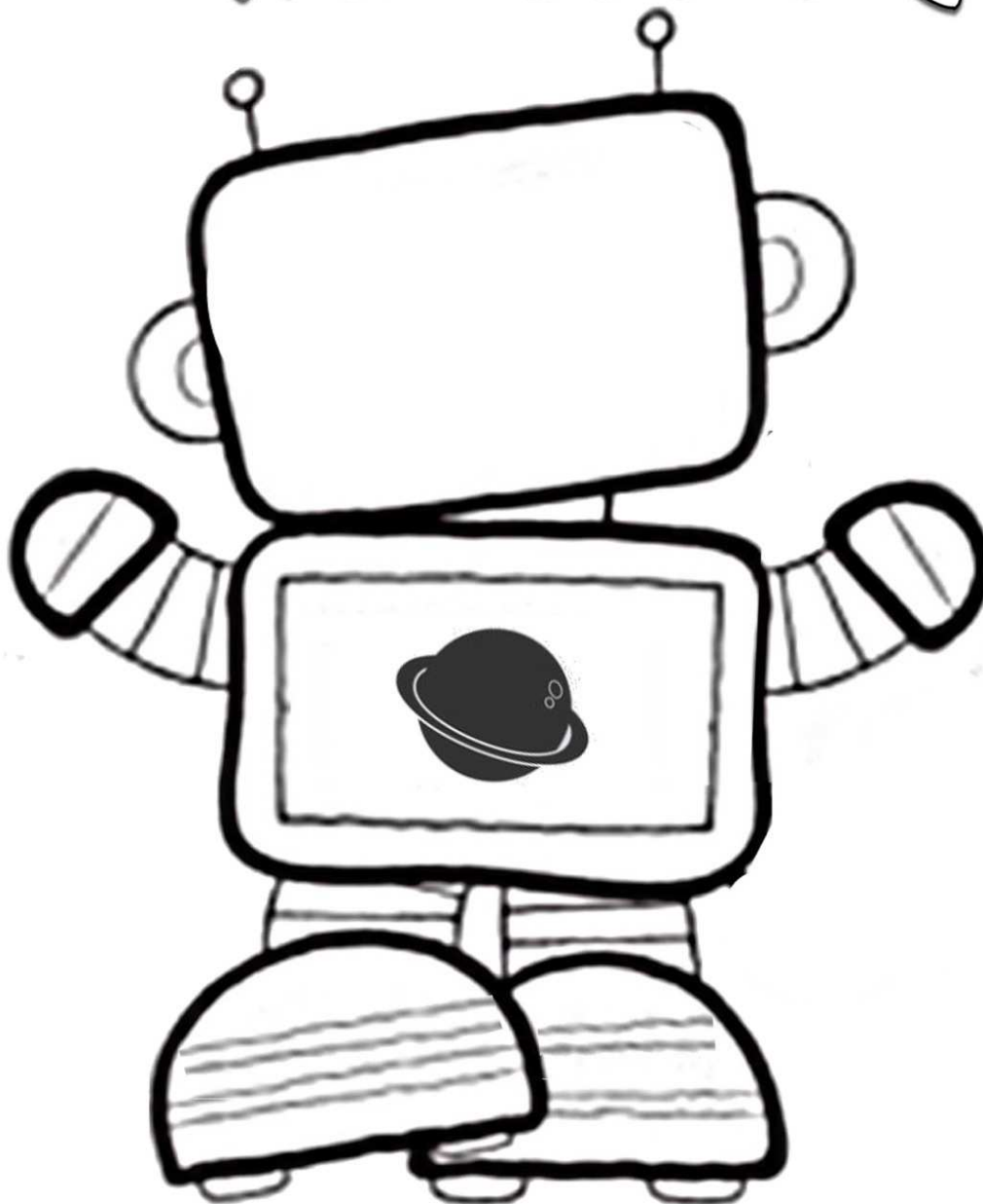


Timmy's Trip

Classroom Activity



CREATE YOUR OWN TIMMY



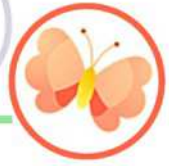
Self-Awareness





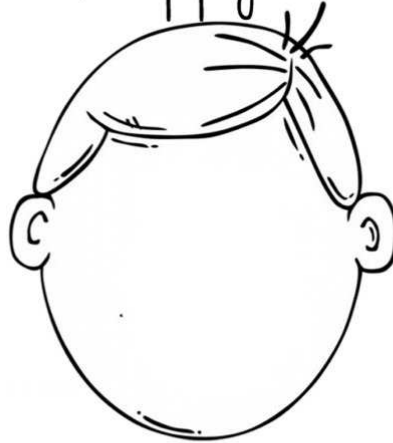
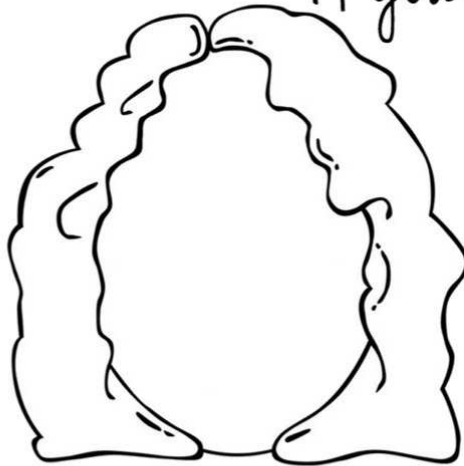
Timmy's Trip

Classroom Activity

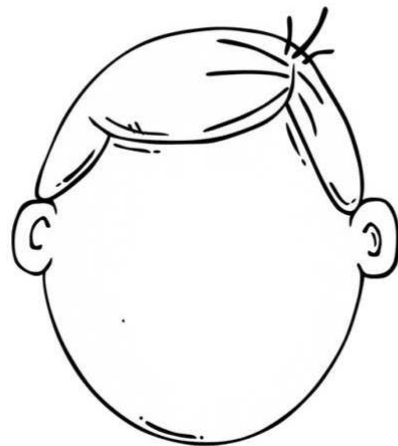
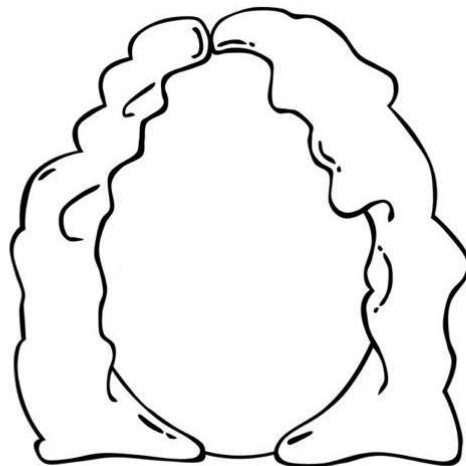


HOW DOES YOUR
FACE LOOK LIKE...

If you feel happy?



if you feel sad?





Timmy's Trip

Classroom Activity



I FELT...

You may feel sad in varying ways and levels.
Think and then write about events where you felt upset, worried and sad



upset



worried



sad



Timmy's Trip



Classroom Activity





YOUR BODY IS SPEAKING!

List what you feel in your body
when you feel happy and then when you feel sad.

Happiness



Sadness






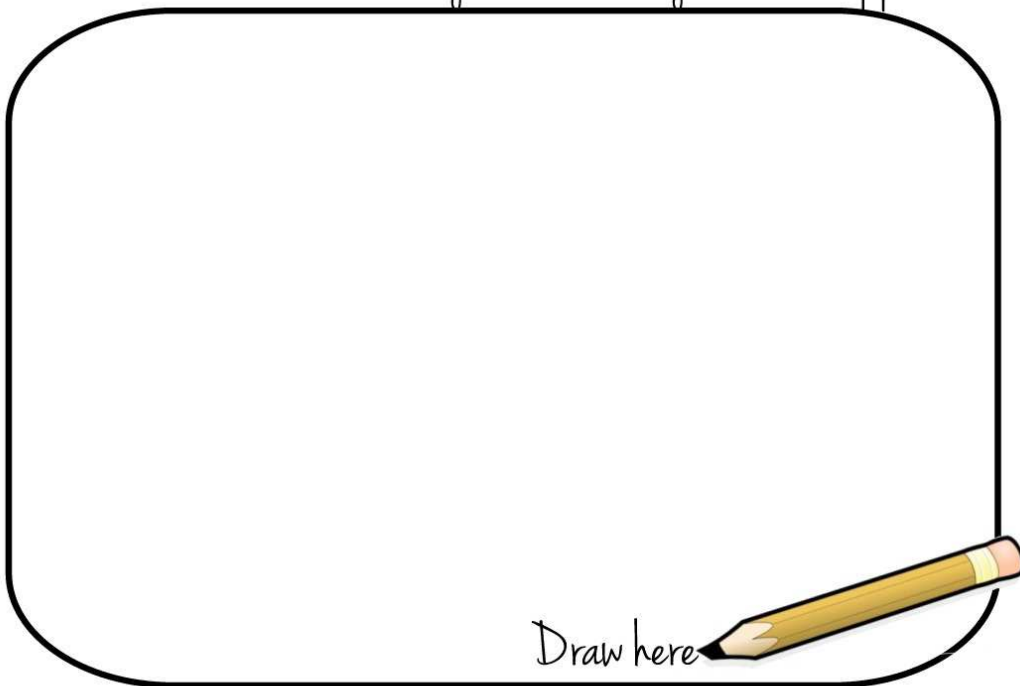
Timmy's Trip

Home Activity



I **FELT**  **WHEN...**

In the box, draw a situation when you felt happy.
Ask somebody to write for you what happened.



Draw here

What happened?




Write here



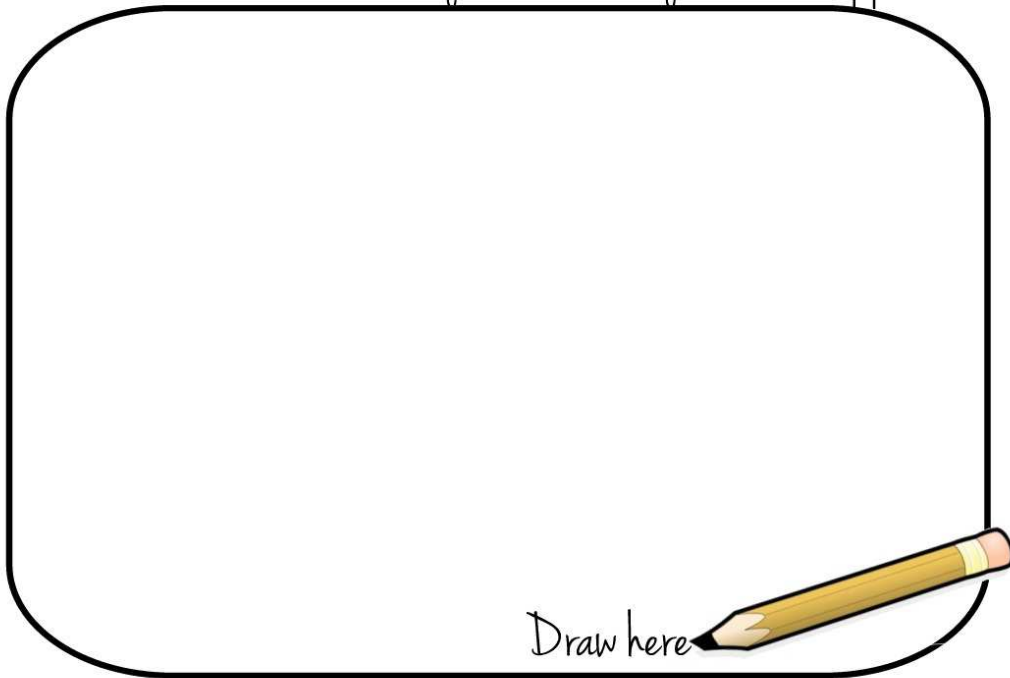
Timmy's Trip

Home Activity



I **FELT**  **WHEN...**

In the box, draw a situation when you felt sad.
Ask somebody to write for you what happened.



Draw here



What happened?



Write here



Timmy's Trip

Home Activity



MY HAPPINESS LIST

Write all the words you know related to happiness and put them in one of the boxes below: strong feelings or light feelings

Strong

Enthusiastic
Overjoyed

Light

Glad
Calm



Timmy's Trip

Home Activity



MY SADNESS LIST

Write all the words you know related to sadness and put them in one of the boxes below: strong feelings or light feelings

Strong

Inconsolable
Depressed

Light

Disappointed
Listless



Timmy's Trip

For Teacher



To help pupils to enhance their vocabulary of happiness

Light

Amused	Glad	Pleasant
Calm	Hopeful	Pleased
Contented	Inspired	Satisfied
Cool	Jovial	Serene
Encouraged	Keen	Smiling
Fine	Open	Sunny
Friendly	Peaceful	

Medium

Cheerful	In high spirits	Playful
Content	Jovial	Pleased
Delighted	Joyful	Riding high
Excited	Light-hearted	Satisfied
Glad	Lively	Sparkling
Gleeful	Merry	Up
Happy	Optimistic	

Strong

Blissful	Excited	Thrilled
Delighted	Giddy	Tickled pink
Elated	Jubilant	Turned on
Energetic	Overjoyed	Vibrant
Enthusiastic	Radiant	Zippy
Euphoric		



Timmy's Trip

For Teacher



To help pupils to enhance their vocabulary of sadness

Light

Disappointed

Low

Subdued

Distracted

Moody

Uncomfortable

Down

Regretful

Unhappy

Glum

Somber

Medium

Awful

Downcast

Melancholic

Blue

Downhearted

Miserable

Demoralized

Drained

Mournful

Devalued

Fed up

Sorrowful

Discouraged

Gloomy

Tearful

Dispirited

Grieving

Upset

Distressed

Heavy-hearted

Weepy

Down

Lost

Strong

Alienated

Despairing

Hopeless

Anguished

Dismal

In despair

Beaten

Empty

Inconsolable

Bereaved

Gloomy

Morose

Black

Grieved

Woeful

Depressed

Grim

Worried

Desolate

Heartbroken

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