



The First Night

Session Plan



Butterfly Plan - 4 to 6 years

Learning Objectives

- To identify positive strategies to regulate fear and anger
- To link fear and anger with past event in one's life

Summary of activities and materials

Classroom Activity

"The First Night" - The Story

Read a new episode of Timmy's Story that introduce children to the recognition of the emotion of fear and help them to think about the emotional reactions of fear.

"The First Night" - Thinking

Read a new episode of Timmy's Story that introduces children to the recognition of the fear.

"Where do you feel the fear?"

The children reflect on their subjective experiences, identifying the body parts where they feel the fear. Next the teacher encourages a discussion on the individual differences in feeling fear.

"I can cope with fear"

This activity helps children to identify different positive strategies to cope effectively with fear

"Where do you feel the anger?"

The children reflect on their subjective experiences, identifying the body parts where they feel anger.



"I can cope with anger"

The children reflect on their anger coping strategies, sharing and discussing them with peers and teachers.

Home activity

"I felt scared/angry when..."

The children think about one a past event when they felt scared/angry, and then they draw it. This activity will help them to share an emotional experience with a significant adult and think about what they did to cope with that negative event.



Seahorse Plan - 7 to 10 years

Learning Objectives

- To identify positive strategies to regulate fear and anger
- To link fear and anger with past event in one's life

Summary of activities and materials

Classroom Activity

"The First Night" – The Story

The second episode of Timmy's adventure is focused on becoming aware of and developing useful strategies to cope with fear.

"The First Night" – Thinking

Discuss Timmy's adventure with the children to help them understand in more depth the emotions felt by Timmy and the reasons of his emotional reactions. Questions lead children to reflect on different ways to cope with fear.

"My biggest fear"

The children think and reflect on their own fears in order to understand which positive strategies can be used to handle fears.

"Create a story"

This activity helps the children to reflect on fear

related to a story created by them.

“What you can do?”

This activity encourages children to identify positive and negative strategies they apply to manage anger.

“Before exploding”

The children became aware of their and others’ strategies to calm down when they are angry.

Home activity

Movie Hunter for fear/anger

The children improve their fear and anger coping skills through the use of movies



The First Night

The Story



Martin was looking outside from the window, when all of a sudden he saw Timmy.

"Mum, look, look! There's someone out there! - He said. Martin ran out immediately and he met Timmy.

"Ohhohh, but ... Who are you? Are you a robot? - asked Martin

"Ohhohh, but ... Who are you? Are you...are you...who are you??" - replied Timmy.

It was very easy for them to become friends and then, they started talking and they kept chatting for a long time.

Timmy told Martin lots of things, he spoke about his planet and where he came from. He also talked about his travels. Martin listened attentively. Finally he asked Timmy to stay with him and his family: "Would you like to stay here with us tonight?" asked Martin.

But Timmy was looking out of the window and did not seem to hear Martin. "Hey Timmy, would you like to stay here with us tonight?" repeated Martin.

But Timmy was still looking outside. "Why is it so dark outside? What's going on? What's going on?" he asked running everywhere.

"Dark? Of course, it is dark!" said Martin, "it's dark because it is night!"

"Night? What is night? In my planet there is no night, there's always the sun! Here, now, I cannot see anything! I cannot see anything! It is so dark... it's too dark for me!" - said Timmy trembling.





The First Night

Thinking



Understanding the story

- Why does Martin run out of his house?
- What happens after Martin's and Timmy's talk with each other?
- Why does not Timmy listen to Martin?

Reflecting on the social and emotional aspect of the story

- Which emotion do you think does Timmy feel when he looks out of the window? Why?
- Have you ever felt like Timmy? Describe what happened to you then, and how you managed to calm down and overcome the fear.





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Classroom Activity

WHERE DO YOU FEEL THE FEAR?

In the box below, draw yourself, and colour in blue the body parts where you feel the fear, then discuss with your peers your body reactions



The First Night



Classroom Activity

I CAN COPE WITH FEAR

Think about a time you felt scared at school, draw what happened in the box below and describe how you solved the problem.

Discuss with your peers the different ways you can use to cope with fear at school



The First Night



Classroom Activity

WHERE DO YOU FEEL THE ANGER?

In the box below, draw yourself, and colour in blue the body parts where you feel the anger, then discuss with your peers your body reactions



The First Night



Classroom Activity

I CAN COPE WITH ANGER

Think about a time you felt angry at school, draw what happened in the box below and describe how you solved the problem.

Discuss with your peers the different ways you can use to cope with anger at school



The First Night



Classroom Activity

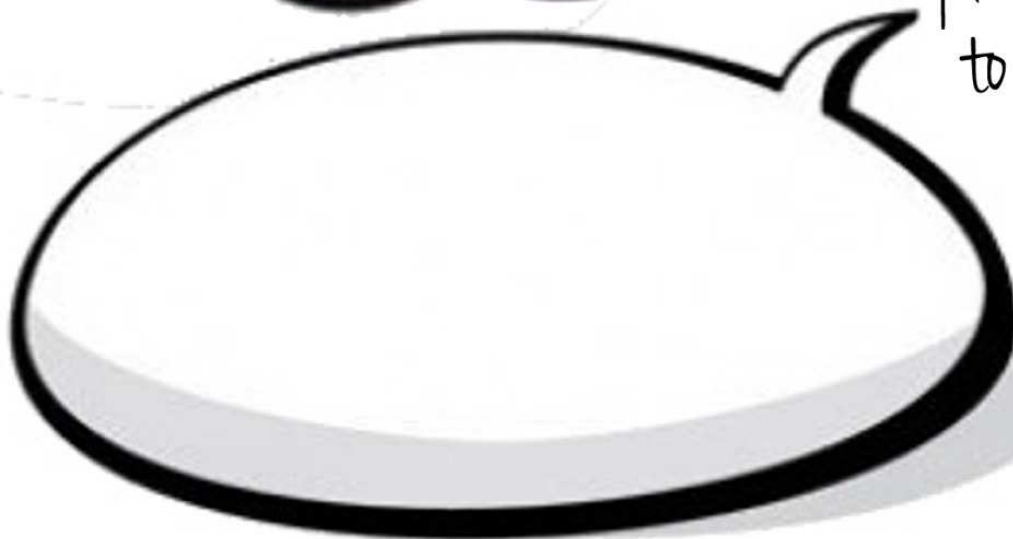
MY BIGGEST FEAR

You feel afraid because of something or somebody.

Think about your biggest fear, and in the balloons below write what you say to yourself and what others close to you say to you to overcome that fear.



you



People close
to you



The First Night



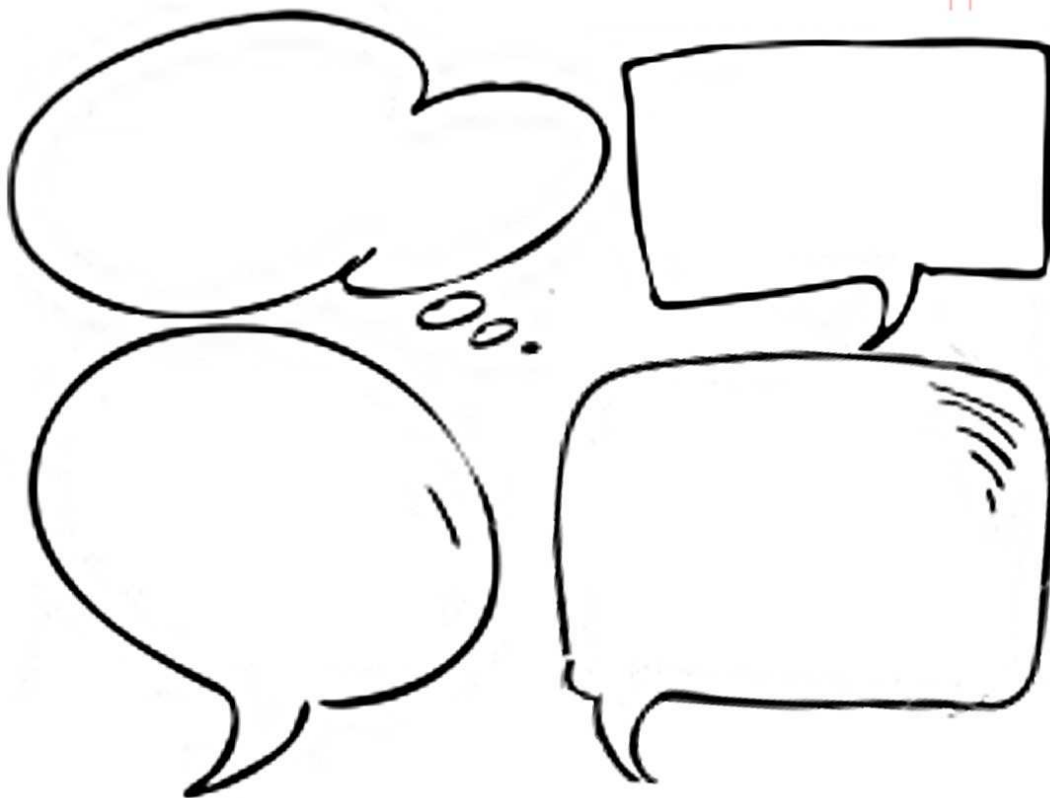
Classroom Activity

CREATE A STORY

Write a story in the box below where the main character is afraid of something or somebody. .
Then write the different ways he/she can manage that fear in the balloons below



Write here the story





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Classroom Activity

WHAT YOU CAN DO?

There are different ways you can react when you are angry
some are helpful but others are not.

In the boxes below list the positive and negative strategies
used when reacting to anger



Positive



Negative



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Classroom Activity

BEFORE EXPLODING!

Write down the two strategies you use most to help you calm down when you feel angry. Then discuss with your peers and compare your strategies with those of your peers.



1. _____

2. _____



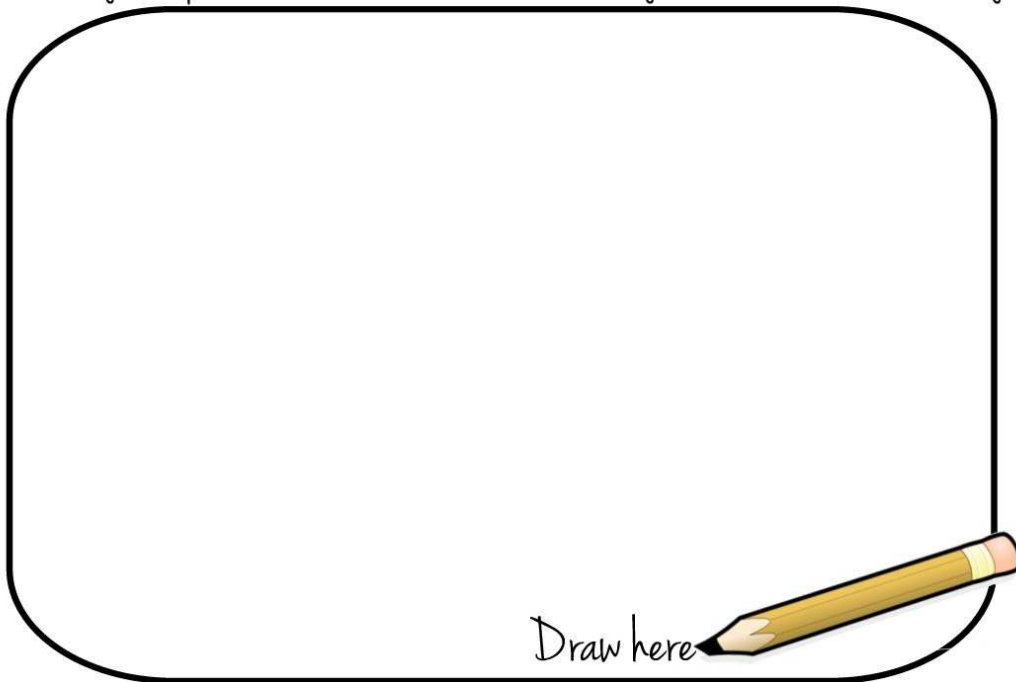
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Home Activity



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

In the box below draw a situation when you felt scared at home. How did you cope with the fear? Ask somebody to write this down for you.



Draw here

What helped to you to cope?



Write here



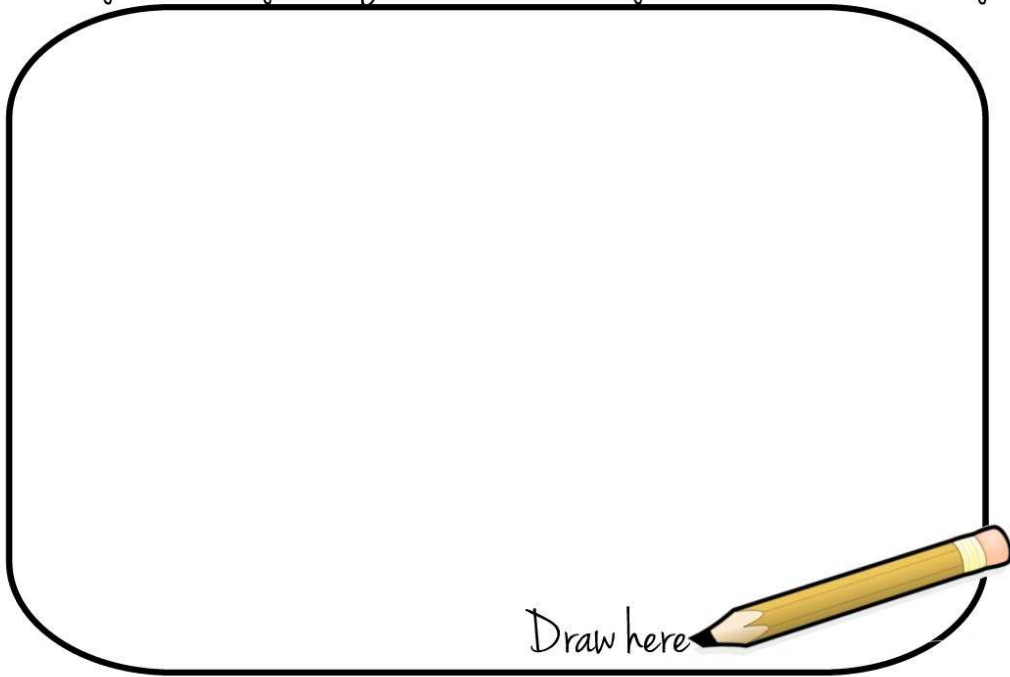
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Home Activity

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

In the box below draw a situation when you felt angry at home.
How did you control your anger? Ask somebody to write this down for you.



Draw here 

What helped to you to cope?



Write here



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Home Activity

MOVIE HUNTER

for fear

Think about a recent movie you watched where the actors felt afraid but finally managed to overcome their fear.

Then answer the following questions:

Name of the movie _____

Who was scared? _____

Why? What happened? _____

How did he/she cope with the fear? _____

What would you have done if you were in his/her situation? _____



The First Night



Home Activity

MOVIE HUNTER

for anger

Think about a recent movie you watched where the actors felt angry but finally managed to overcome their anger.
Then answer the following questions:

Name of the movie _____

Who was angry? _____

Why? What happened? _____

How did he/she cope with the anger? _____

What would you have done if you were in his/her situation? _____

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