

If You're Happy and You Know It

Year 1 Learning Journey

Start Date:	Sunday 10 September	Unit Length:	5 weeks
	<p>Links to Host Country (Qatar)</p> <ul style="list-style-type: none"> Children will find out about the different ways that wellbeing is supported in Qatar. 	<p>During this unit our students will be:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="background-color: #ff69b4; padding: 5px; border-radius: 10px; text-align: center;">Resilient</div> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="background-color: #ffff00; padding: 5px; border-radius: 10px; text-align: center;">Empathetic</div> </div>	
<p>If You're Happy and You know It</p> <p>In You're Happy and You Know It, we will be learning about being mindful and looking after our wellbeing. We will be learning about different feelings and how we deal with them. We will need to be artists, therapists (thought partners) and dancers to be able to learn more about ourselves. What strategies could we learn to stay calm and happy? We are all different, but it is important to keep our bodies and minds healthy by looking after our wellbeing.</p>			
<p>Entry Point</p> <p>Children will come to school to school in their pyjamas or comfortable clothes. They will take part in activities to experience peace and tranquillity.</p>			
<p>Knowledge Harvest</p> <p>During the Knowledge Harvest we will begin to look at different emotions. Children will look at a variety of objects and sort them into the emotions that they relate them to.</p>			
<p>Art</p> <ul style="list-style-type: none"> Children will be introduced to the story 'The Colour Monster'. We will work together to create a class Colour Monster. We will look at pieces of art by Mark Rothko and the different emotions in art. Children will work in groups to create a piece of art using dripping, flicking and splatting techniques. 			
<p>Health and Wellbeing</p> <ul style="list-style-type: none"> Children will link different colours to emotions. We will find out about the Zones of Regulation and colours that represent these. We will look at why we feel different emotions. Children will think about strategies they can use when they feel different emotions. 			
<p>Physical Education</p> <ul style="list-style-type: none"> Children will work in groups to choreograph their own 'If You're Happy and You Know It' dance. We will play Freeze Dance using the Zones of Regulation. 			
<p>International</p> <ul style="list-style-type: none"> We will find out about famous people who have helped others and the emotions they have felt when doing this. We will think about the different qualities that we have. 			

- Children will think about the strategies they have to help them stay in the Green Zone.
- We will find out about wellness and take part in a variety of wellness activities.

Exit Point

For the Exit Point, we will celebrate with a 'wellness day'. This will be an opportunity for children to share their learning from the unit with their parents.