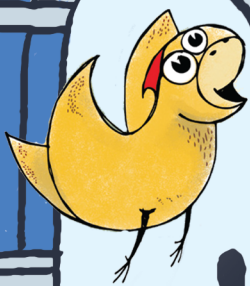




LEVEL 2 HOME KITS

WEEK #17 – NOTHANDO'S JOURNEY





NOTHANDO'S JOURNEY

ACTIVITY 1

LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Recognise that feelings can change
- Practice calming strategies

RESOURCES

- Radio/Music
- Pictures of animals (pg. 2)

VOCABULARY

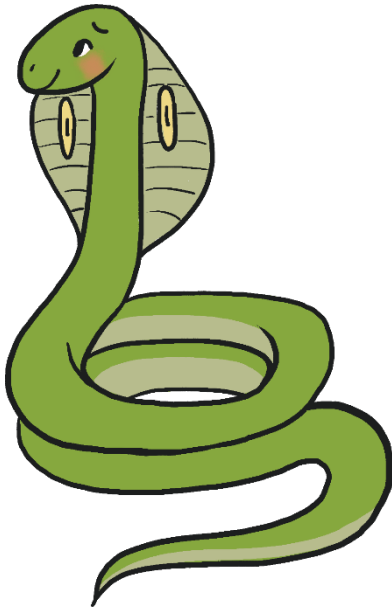
- | | | |
|-----------|---------|-------------|
| • Nervous | • Calm | • Butterfly |
| • Excited | • Cobra | • Pose |

ACTIVITY

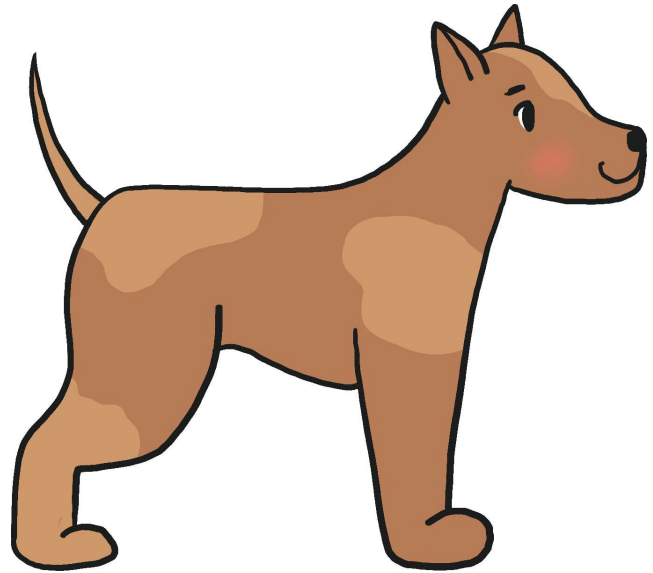
- To start the activity, invite your child to dance! Start by stretching your arms up high, then touching your toes down low. Then put some music on and dance around however you want. Be silly together, laugh and enjoy each other's dance moves.
- After a few minutes, invite your child to sit down and take a few deep breaths to help calm their body after dancing.
- Ask them to think through the day so far and remember different feelings they had. Encourage them to remember different things that happened.
 - For each thing they describe, ask them how that made them feel.
- Point out that we all feel many different feelings throughout the day, and we must remember that whatever feeling we have (even if it is a very unpleasant feeling), it will surely pass, and another feeling will come in its place.
- Ask your child to identify the animals on pg. 2.
- Tell your child that next time you do a Think Equal activity together, you will learn to move like these animals.
- To end the activity, sing the song below.

SONG (to the tune of "Frère Jaques")

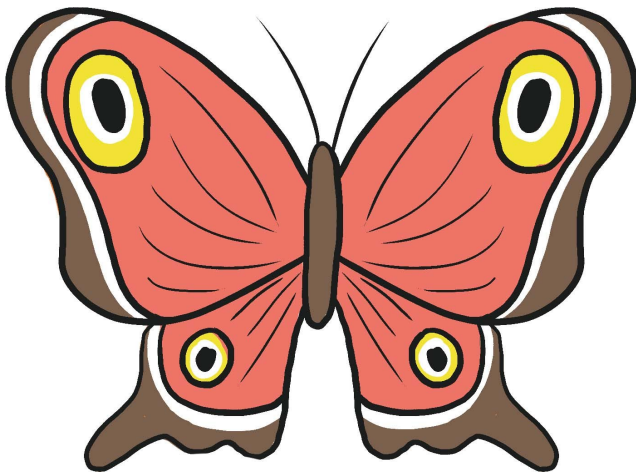
When big feelings come,
When big feelings come,
What can I do?
What can I do?
I can move like animals do,
I can take some deep breaths,
Now I feel strong, and I feel calm



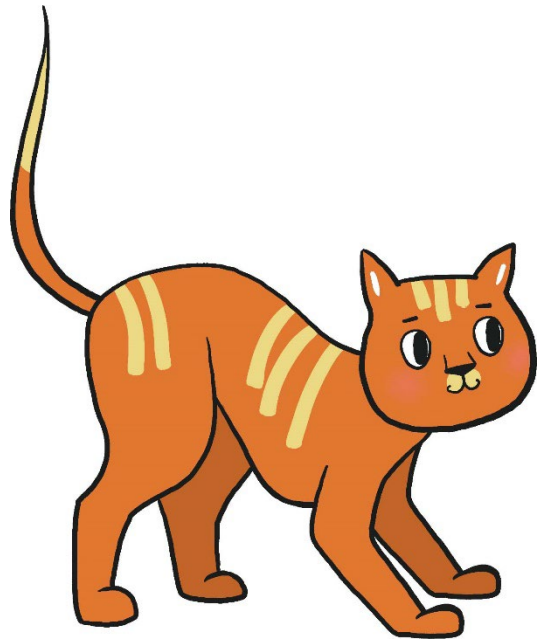
Cobra



Dog



Butterfly



Cat

NOTHANDO'S JOURNEY

ACTIVITY 2

LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Recognise that feelings can change
- Practice calming strategies

RESOURCES

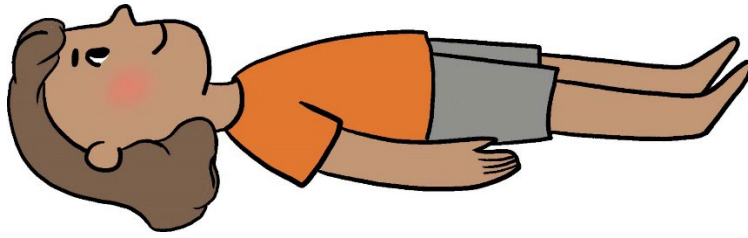
- Pictures of animals (pg. 2)
- Pictures of poses (pg. 4)

VOCABULARY

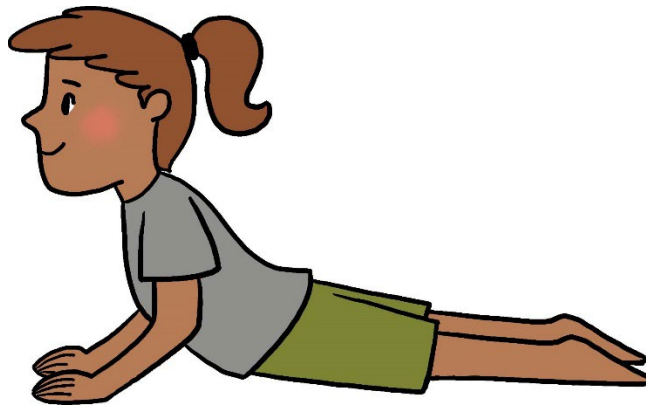
- | | | |
|-----------|-----------|-------------|
| • Nervous | • Excited | • Butterfly |
| • Calm | • Cobra | • Pose |

ACTIVITY

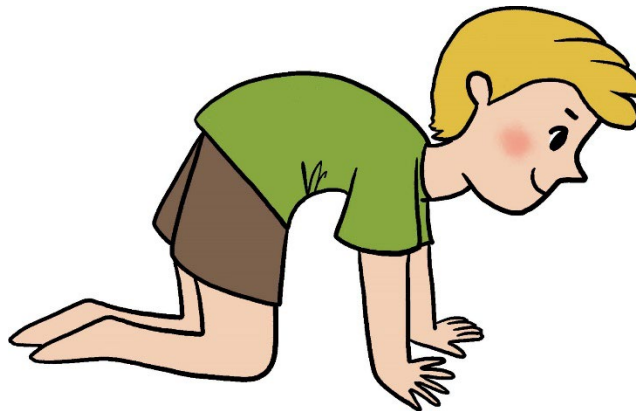
- Sing the song from Activity 1.
- Show your child the poses on pg. 4. Ask your child to rest in the Resting Pose (pose 1) and to take 5 deep breaths: in through the nose, out through the mouth.
- Now, show your child the animals on pg. 2 again.
- Invite your child to stretch like the cat, showing them both the cat (on pg. 2) and the Cat Pose on pg. 4 (pose 3). Point out the cat's arched back and encourage your child to really stretch and arch their back.
 - They can hold the pose for a minute, then relax into the Resting Pose and take 5 deep breaths.
- Then show your child the cobra on pg. 2 and the Cobra Pose (pose 2 on pg. 4).
 - Ask them to lie down on their belly and push themselves up, straightening out their arms and arching their back with their legs still on the floor, looking up like the cobra. After holding the pose for a minute, return to the Resting Pose (pose 1, pg. 4), relax, and breathe 5 deep breaths.
- Then talk about a time when you felt nervous about something and describe how it felt in your body. For example: "I was going to a new place, and I didn't know anyone. I felt very nervous that morning. It felt like I had bees in my belly, and sometimes I felt like I couldn't breathe."
- Ask your child if they can think of a time when they felt nervous. What happened? What did they feel?
- Now explain to your child that when they feel nervous, or when they feel other big emotions and feelings, they can help their body to feel calm by first stretching it, doing the Cat Pose or the Cobra Pose, and then by going into the Resting Pose and breathing deeply into their belly.
- End the activity by telling your child that if they feel any big emotions and feelings in their body, they can learn to calm themselves and help themselves feel better. One way they can do this is by taking deep breaths all the way down, deep into their belly.



1. Resting Pose



2. Cobra Pose



3. Cat Pose

NOTHANDO'S JOURNEY

ACTIVITY 3

LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Recognise that feelings can change
- Practice calming strategies

RESOURCES

- None

VOCABULARY

- | | | |
|-----------|---------|-------------|
| • Nervous | • Calm | • Butterfly |
| • Excited | • Cobra | • Pose |

ACTIVITY

- Begin the activity by singing the song in Activity 1.
- Now invite your child to lie down comfortably in the Resting Pose and close their eyes. Remind them of the animals you've been looking at together (dog, cobra, cat and butterfly) and then ask them to imagine being one of the animals.
- Now ask them to open their eyes, get up and move around like the animal they imagined. Your child might jump, slither, make sounds, or run like an animal. Then ask your child what animal they are, what the animal is like, and how it felt to be like the animal. Did they feel strong? Playful?
- Then, invite them to change and be like another of the animals. Repeat the questions above and invite them to change animals again if they wish to.
- When you have finished the game, talk to your child about the different feelings they experienced. For example, if they chose to be a butterfly, they may have felt light, fast and happy, and if they chose to be a dog, they might have felt happy and playful, and so on.
- Point out to your child that just as they have felt different feelings behaving like different animals, they can feel different feelings at different times of the day. Sometimes they may feel happy and playful like a monkey, and sometimes they may feel brave and strong like a lion.
- Remind your child that feelings change. We are not our feelings. Sometimes we feel nervous or afraid, but that doesn't mean we will always be nervous or afraid.
- Let your child know that moving their body like the animals may help them to feel refreshed, happy and wiser.

NOTHANDO'S JOURNEY

ACTIVITY 4

LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Recognise that feelings can change
- Practice calming strategies

RESOURCES

- None

VOCABULARY

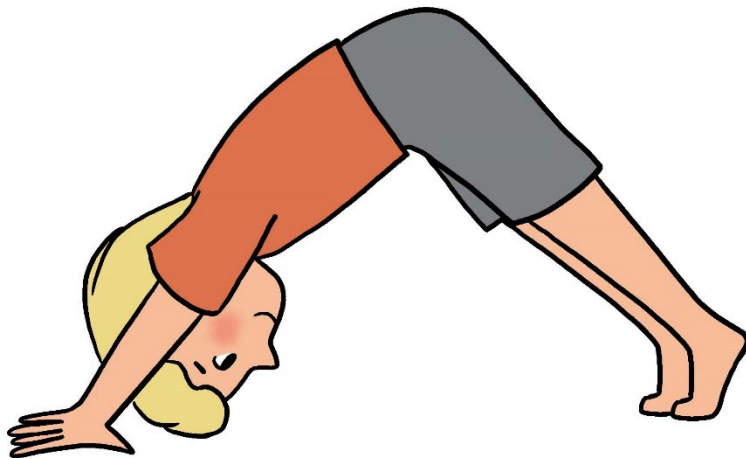
- | | | |
|-----------|---------|-------------|
| • Nervous | • Calm | • Butterfly |
| • Excited | • Cobra | • Pose |

ACTIVITY

- Start the activity by inviting your child to move their body like the animals in Activity 2, following the same instructions.
- Now ask them to move like the cobra, only this time, when they raise their upper body, they should breathe in through the nose, and when they go back down to the floor, they should breathe out through their mouth, making a hissing sound (Ssssss). How do they feel?
- Then, invite them to lie in the Resting Pose and close their eyes. Now ask them to imagine that they are a butterfly. Tell them that they will take a deep breath in and then extend their wings (arms) out to the side with the palm of their hands facing upwards.
- Have them bring their feet together and bend their knees to the sides. Now ask them to lift and lower their knees as if fluttering their wings.
- As they do this, you can invite them to imagine that they are fluttering in the air like a butterfly and ask them to describe what they might see below them (flowers, grass, bushes, other insects).
- Then ask your child to open their eyes. Show them the Butterfly Pose (pose 1, pg. 7). Invite them to adjust their body until they do the Butterfly Pose as well as they can. They can also do this pose sitting up if they prefer.
- Invite your child to go back into the Resting Pose and breathe 5 deep breaths.
- Now show your child the Down Dog Pose (pose 2, pg. 7). Ask them to start on their hands and knees, with their fingers spread wide. Then, curl their toes under, and raise their bottom into the air. In that position, ask them to stretch their body like a dog.
- After holding the pose for a couple of minutes, go back to the Resting Pose and breathe.
- Remind your child that we can feel pleasant and unpleasant feelings, and that's okay. Feelings change, and we aren't our feelings. When we feel big feelings and emotions, we can help ourselves to feel better and calm by moving our bodies and breathing deeply.



1. Butterfly Pose



2. Down Dog Pose

NOTHANDO'S JOURNEY

ACTIVITY 5

LEARNING GOALS

By the end of the WEEK, your child/children should be able to:

- Recognise that feelings can change
- Practice calming strategies

RESOURCES

- None

VOCABULARY

- | | | |
|-----------|---------|-------------|
| • Nervous | • Calm | • Butterfly |
| • Excited | • Cobra | • Pose |

ACTIVITY

- To start the activity, invite your child to go on a walk. Tell them that on the walk, you would like them to notice what they see, hear, smell and touch. *This will help your child develop an awareness of their surroundings and body.*
- On the walk, walk mindfully at a slower pace than usual, ask your child what they can see, hear, and smell, and let them gently touch anything interesting to them (if it is safe to do so).
- Reflecting on the different activities, ask your child how they can calm themselves when they feel big emotions and feelings.
- Remind your child of the deep belly breathing you have been doing together. Invite them to breathe in, a deep breath, deep down into their belly! They should breathe in through their nose.
- Remind your child that we can help ourselves feel calm when we feel big emotions and feelings, and our feelings can change. We can feel calm by moving like animals and taking deep breaths into our bellies.
- To end the activity, when back at home, invite your child and other siblings or family members to sit with their legs crossed or lie down if they prefer and tell them to place their hands on their bellies. Ask them to close their eyes, and tell them that they will take a big, deep breath of air in through their nose, all the way down to their belly. Invite them to notice how their belly grows bigger like a balloon as the air fills it! Now, breathe out through the mouth slowly. Repeat this exercise a few times. What do they feel?

