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| **Section: Feelings Baloon** | | | |
| **Objective:** | | To help children understand that feelings change.  SEL Competency: Self Awareness  Developmental level: Foundational  Key message: feelings come and go  Time: 8 minutes | |
|  | **Character name** | | **Content:** *Format*  (TONE OF ADDRESS)/‘Lines from script’/song/sound clip no. |
| **1.** | FX (sound FX) | | *STANDARD INTRODUCTORY JINGLE NO.xx* |
| **2.** | Host | | Our feelings change depending on what happens to us.  It’s normal to feel sad or angry sometimes, everybody feels this way. Remember, we will feel happy again soon!  Can you imagine a balloon for me? Do you know what that is? |
| **3.** | All | | Yes |
| **4.** | Host | | (KINDLY) Ok, great! Now I want you to imagine this balloon in your mind, try to imagine it in lots and lots of detail. Is it big or small? What colour is it? My favourite colour is blue, so I’m going to imagine a blue balloon?  What about you? what colour is your balloon? Say it out loud! |
| **5.** | FX (Sound FX) | | 5 Seconds of sound to let children decide and respond |
| **6.** | Host | | What? I can’t hear you! what colour is your balloon? |
| **7.** | FX (Sound FX) | | 5 Seconds of sound to let children decide and respond |
| **8.** | All at once | | (EXCITEDLY)  Blue  Pink  Red  Yellow |
| **9.** | Host | | (LAUGHING) very good! We are going to use this balloon to see how some days are full of good things and bad things. This means we can have good feelings and bad feelings all in the same day. Sometimes even right after eachother.  We are going to imagine a normal day to see how the things that happen to us can make us happy and fill up the balloon, or can make us sad, and make the balloon go down.  Before we begin, I want you to take a deep breath in through your nose |
| **10.** | FX (Sound FX) | | Sound of breathing in (3 seconds) |
| **11.** | Host | | And out through your mouth |
| **12.** | FX (Sound FX) | | Sound of exhaling (3 seconds) |
| **13.** | Host | | Well done! when we breathe in, we fill up our bellies, just like when we blow up a balloon!  Let’s try it again together.  Breathe in, right down to your belly, and imagine filling up your balloon! |
| **14.** | FX (Sound FX) | | Sound of breathing in (3 seconds) |
| **15.** | Host | | And when we breath out, we squeeze all the air out of our bellies, just like we are letting the air out of a balloon.  Let’s try that together! Take another breath in and then let it all out of your mouth. |
| **16.** | FX (Sound FX) | | Sound of exhaling (3 seconds) |
| **17.** |  | | Very good! Can you see how breathing out is just like letting the air out of a balloon? |
|  | All | | Yes! |
| **18.** | Host | | Ok, great! So, how do you feel when you see someone you love? Maybe your friend? Or a grown up that loves you?  Call out your answers at home! |
|  | FX (Sound FX) | | 5 Seconds of sound to let children decide and respond |
|  | Host | | Well? |
| **19.** | All (at once) | | (EXCITEDLY)  Good!  Happy! |
| **20.** | Host | | Very good! This makes our balloons get bigger like they are being filled with air! |
| **21.** | FX (Sound FX) | | Whooshing sound of a balloon blowing up |
|  | Host | | Can you see the balloon being blown up in your mind? |
|  | All | | (EXCITEDLY) Yes! |
|  | Host | | Great! Does anyone want to tell me what that looks like? |
|  | Child A | | My balloon is big and red and when it gets air in it, it blows up even bigger than my head! |
| **22.** | Host | | Wow! What a cool picture you have!  When you see a friend or someone you love, you feel happy, safe and loved, don’t you? |
| **23.** | All | | Yes |
|  | Host | | Good! Now I want you to think about falling over and scraping your knee |
| **24.** | FX (Sound FX) | | Sound of scraping |
|  | Host | | How do you think that would make you feel? Call out your answers at home |
|  | FX (Sound FX) | | 5 Seconds of sound to let children decide and respond |
|  | Host | | Well? |
| **25.** | Child A | | Sore! |
|  | Child B | | Sad |
|  | Child C | | Like crying |
|  | Host | | Well done! This makes our balloons lose air and get smaller and smaller |
|  | FX (Sound FX) | | Deflating sound of a balloon going down |
|  | Host | | Falling over and scraping your knee would be really sore! It would make you feel sad and you might start crying. |
|  | FX (Sound FX) | | Sound of child crying – 2 seconds – then sound of mother comforting child (“there, there”/ “are you ok?” etc.) |
|  | Host | | Now, can you think about how you would feel if your mama saw you crying and picked you up, giving you a great big hug and fixing your sore knee? What do you think? Remember to say your answer out loud! |
|  | FX (Sound FX) | | 5 Seconds of sound to let children decide and respond |
|  | Host | | Well? How would you feel? |
|  | Child D | | Happy |
|  | Child B | | Better |
|  | Child C | | Safe |
|  | Host | | (KINDLY) Very good! All these good feelings would make your balloon blow up again! |
|  | FX (Sound FX) | | Whooshing sound of a balloon blowing up |
|  | Host | | When someone takes care of you after you get hurt, you feel happy and safe and loved!  Now think about playing with your friend, you want to play with the blue cuddly toy but your friend won’t let you have it. |
|  | FX (Sound FX) | | Sound of child saying “Mine!” angrily |
|  | Host | | How would that make you feel? |
|  | FX (Sound FX) | | 5 Seconds of sound to let children decide and respond |
|  | Host | | Well? How would you feel? |
|  | Child A | | Mad |
|  | Child B | | Sad |
|  | Host | | Well done! When you want to play with a toy that another child is playing with it can make you feel sad and mad all at the same time.  These feelings can make our balloons go back down again, smaller and smaller. |
|  | FX (Sound FX) | | Deflating sound of a balloon going down |
|  | Host | | Now I want you to think about your mama making your favourite food for you to eat! What do you love to eat? |
|  | FX (Sound FX) | | Sound of someone rustling pots and pans, kitchen noises |
|  | Child C | | Chocolate! |
|  | Child D | | Rice with sauce |
|  | Host | | How about you at home? Whats your favourite food? |
|  | FX (Sound FX) | | 5 seconds sound to let children think and respond |
|  | Host | | (KINDLY) Yummy! And how do you feel when you get to eat your favourite food? |
|  | FX (Sound FX) | | 5 Seconds of sound to let children decide and respond |
|  | Host | | Well? |
|  | Child A | | Happy |
|  | Child C | | Full |
|  | Child B | | So happy, like I want to say thank you to mama |
|  | Host | | Very good! When people do kind things for us, its so important to say thank you!  Having your favourite food would make your balloon blow up again wouldn’t it? |
|  | All | | Yes |
|  | FX (Sound FX) | | Whooshing sound of a balloon blowing up |
|  | Host | | Very good! What happened to the balloon when we thought about all of these different things? |
|  | Child D | | It went up and down and up and down |
|  | Host | | Exactly! Well done! When good things happen, we feel good, like the balloons blowing up! |
|  | FX (Sound FX) | | Whooshing sound of a balloon blowing up |
|  | Host | | When bad things happen, we feel bad, like the balloons going down. |
|  | FX (Sound FX) | | Deflating sound of a balloon going down |
|  | Host | | Even though the balloon going down can feel really, really bad, we know that soon, something good will happen to make us feel better! |
|  | FX (Sound FX) | | Murmer of agreement |
|  | Host | | You can also help other children to blow their balloons up and feel good! How do you think you can help your friends blow up their balloons and feel better?  What do you think? Remember tosay your answers out loud! |
|  | FX (Sound FX) | | 30 seconds of music to let children think and respond |
|  | Host | | What do you think? How can you help your friends blow up their balloons and feel better? |
|  | Child A | | Being nice |
|  | Child B | | Sharing my toys |
|  | Child C | | I can hug them |
|  | Child D | | Saying kind things to them |
|  | Host | | Very good! These are all lovely ideas to help the people we love feel better!  So, what did we learn today? Can anyone tell me? How about you, listening at home? What did you learn? |
|  | FX (Sound FX) | | 15 Seconds of sound to let children think and respond |
|  | Host | | (Child D), can you share what you learned today? |
|  | Child D | | Emmm… that my feelings can go up and down like the air in a balloon and that even when I feel bad and down, I will feel good soon |
|  | Host | | Well done! Our feelings come and go, just like the air in a balloon when we blow it up and let the air out again! Bad feelings don’t last forever. So don’t worry! There are lots of good things coming to make you feel better!  Did anyone learn anything else? |
|  | Child B | | (SHYLY) That we can make other people feel good when we are kind to them |
|  | Host | | Exactly! Well done! We can help to keep people all full of good feelings like a balloon by being nice and kind to people!  Well done everybody! You did such a good job with this activity! |