

The Wolf was Not Sleeping – Lesson plans to accompany storytelling video

Dealing with worries and opening conversations

Concepts:

- Sharing our worries by leaving a note for someone when we might not have the words to express our feelings.
- 'Name a feeling to tame a feeling'. When we can talk with someone about how we are feeling and name our feelings (e.g. 'scared', 'worried', 'sad'), we can process them.
- Bridging the gap between teams and families by creating photo or picture walls to create a visual and physical link.

Before you read the book, say the title of the book out loud and ask:

- What do you think this book might be about? Why do you think the wolf might not be sleeping?
- How do you think the wolf is feeling?
- Have you ever felt worried? What does that feel like? What do you worry about?
- What can you do if you feel worried? What does a worried face look like? What does a calm face look like?

Read the story together, then you might like to ask:

- What was Wolfgang worried about? Why was he so worried?
- What did Spider do to help Wolfgang with his worries?
- Would you like to leave a note for someone to tell them how you are feeling?
- Do you know the names of the people that your parents work with?
- Would you like to make a photo wall like Wolfgang and his friends did?

Suggested fun activities to do together:

Guess how I'm feeling (helping to build emotional literacy). Ask children to make a face that shows a feeling and you have to guess that feeling, then swap places and get the child to guess how you are feeling. Instead of making faces, you could draw faces that show feelings such as: happy, sad, worried, angry, scared, calm, anxious, proud.

Leave a note (helping children to express feelings when they may not have the words). Ask children to draw a picture of how they are feeling and to hide it somewhere where a parent or adult might find it (e.g. under a pillow, in a bedtime book).

Make a photo or picture wall. Talk to your parents about the people they work with. Print off photos of everyone or draw them as you talk and describe them.

The Wolf is Not Invited – Lesson plan to accompany storytelling video

Read 'The Wolf is Not Invited'. What did Spider tell Wolfgang to do when he was left all alone? What do you like to do just by yourself? What did Wolfgang do at the end of the story?

Junior School: Draw your own Feel Brave Tree house. Stick a picture or photo of yourself in the window. Draw pictures around it of things that you like to do just by yourself and make you feel good/safe/happy

Middle School: Draw your own Feel Brave Tree house . Stick a picture or photo of yourself in the window. Draw pictures and words of all of the things you enjoy doing by yourself and make you feel good/safe/happy

Senior School: Draw your own Feel Brave Tree house. Stick a picture or photo of yourself in the widow. Draw, cut out or source pictures from the internet of things you enjoy doing by yourself and that make you feel good/safe/happy

The Wolf and the Shadow Monster – Lesson plan to accompany storytelling video

Managing Fears & Anxiety (Literacy/Story Writing/PSHE)

Read 'The Wolf and the Shadow Monster'. Think about what Spider told Wolfgang to do when he was scared of the shadow monster. By making something small, cute, or funny in our minds, we can change the way we feel about them and not feel scared anymore. Think about a bad dream you've had or things that scare us or others. Brainstorm some ideas on crazy, funny things you can do to make it not so scary any more.

Junior School: Talk about something that scares you and come up with ideas on what to turn it into. Draw what scares you and then draw what you turned it into.

Middle School: Write a story about something that scares you or might be scary to others and in the story, change it into something or do something to it that makes it not scary anymore.

Senior School: Make a short picture book for children about something scary that gets turned into something that's not so scary anymore. Read the finished book to children in the junior school.

The Grand Wolf – Lesson plan to accompany storytelling video

Managing Change, loss and grief (building resilience)

Read 'The Grand Wolf'. Talk about things that have changed in your life and anything or anyone that you really miss. Talk about ways to remember and celebrate the things we miss (e.g. talking about them, looking at photos, drawing pictures, writing letters or stories about them).

Junior School: Talk about someone or something that you really miss. Draw a beautiful picture of it.

Middle School: Draw a picture of something or someone you miss. Draw all of the things that you miss around that person or thing and write words on the picture that describe how you feel about them or it and/or what you miss.

Senior School: Make a collage of someone or something you miss. Draw pictures, use photos or cut out pictures and words from magazines/the internet that best describe that person/thing or feelings that you have for them/it.

The Wolf's Colourful Coat – Lesson plan to accompany storytelling video

Practicing Empathy, Building Kindness

Read 'The Wolf's Colourful Coat' Talk about why the dog was mean to Wolfgang. What did Wolfgang do in the story that was brave? Why was it brave? What can you do that shows kindness to people? Talk about 'Random Act's of Kindness' Think about secret 'RAK's' that you could do for your family or friends.

Junior School: Think about and write down 3 kind things you can secretly do for someone without them knowing. Do them during the week. Write down how it made you feel. ([Click here](#) to download the RAK template for juniors)

Middle School: Plot 5 'Random Acts of Kindness' that you are going to carry out during the week. Write out what you planned and what happened. ([Click here](#) to download the RAK template for juniors)

Senior School: Plot 10 'Random Acts of Kindness' and carry them out during the week. Report back on what happened...([Click here](#) to download the RAK template for juniors)

The Wolf and the Baby Dragon – Lesson plan to accompany storytelling video

Self-Regulation/Building Emotional and Physical Resilience

Read 'The Wolf and the Baby Dragon'. Talk about what we can do if we feel worried to help us calm down How are some ways that we can calm ourselves down if we feel worried or upset? How can you help others calm down if they are worried or upset? Talk about ways to change our emotional channel if we feel upset (e.g. exercise or thinking about the things we love).

Junior School: Read the 'Stars in the Night' poem and the 'Feel Brave Stretches' poem once a day for a week. As you (or an adult) reads the stretches, do the stretches.

Middle School: Write out the 'Stars in the Night' Poem and the 'Feel Brave Stretches' poem and read them/practice them once a day for a week. Learn the stretches Poem and movements off by heart.

Senior School: Write out the 'Stars in the Night' Poem and the 'Feel Brave Stretches' Poem. Do the stretches poem once a day every day for one week. Learn one of the poems off by heart and teach it to a younger child.

Stars in the Night – Lesson plan to accompany storytelling video

Self-Regulation

(Calming down and getting into a powerfully positive mental state immediately)

Stars in the Night

By Avril McDonald

Stars in the night, gather near (wiggle your fingers like twinkling stars)
Fairies fly and meet us here (join your thumbs like a butterfly and flap your hands like wings)
As we close our eyes and count to ten (close your eyes and whisper 1,2,3... up to 10)
Breathe in and out and in again (breath in and out)

Wiggle your toes, now make a smile (wiggle your toes)
Be very still and think a while

Who do you love and who loves you?

What's your favourite thing to do?

Where is the best place that you've ever been?

What's the most magical thing that you've seen?

Now stir all these things around in your cup (children can pretend to stir with their hand)

And like a hot chocolate, drink them all up (children can pretend to drink a hot chocolate)

Catreen Stretches

I am a tree

I stand tall in the ground

As I reach for the sun

I will not make a sound

I am the rain

falling down from the sky

That wakes up the worm

who was sleeping near by

I am a mountain

all covered in snow

I am a seed

and I'm starting to grow

I am a tree

I stand tall in the ground

As I reach for the sun

I will not make a sound