

# IT'S RAINING AND I'M OKAY - LESSON PLANS

## Lesson 1 - Introducing Breathing

### You will need:

- 'Breathing' resource.
- 'It's Raining and I'm Okay' book.
- Circle time toy.



**Box 1** - with the 'Breathing' nose print attached. This should be filled with things that smell – flowers (freesias are good), perfume and aftershave samples to spray on card, smelly pencils, smelly rubbers and smelly stickers.

**Box 2** - with the 'Breathing' mouth visual attached. This should be filled with things to blow when exhaling – bubbles, feathers, tissue paper and flour.

- 1 Starter:** Explain breathing in through the nose and out through the mouth. Encourage each child to try this counting to five, breathing in through their nose and holding their breath, then exhaling slowly through their mouth to the count of five.
- 2 Story:** Read the It's Raining and I'm Okay book. You could add some sensory props to sustain interest – a water spray for rain, etc. The children will enjoy dramatic 'Oh no's'. Encourage them to join in with 'I'm okay!'
- 3 Task:** Each child has a piece of paper folded in two. They can stick the 'breathe in' visual to one half and the 'breathe out' visual to the other.

Children create a personal breathe in and out resource by either drawing or sticking a picture to the sheet of paper that will help them think of breathing in and out. You may wish to include the photos or symbols of things in the boxes on the page. You can fold these over and laminate them to create a visual resource or stick them in an exercise book for future reference.

Talk about the time the child breathes and counts. Get children to recall times in the story.

- 4 Plenary:** Pass around a circle time toy and allow children to speak (when holding the toy). They might want to share what they chose to smell when they made their resource or other ideas. They may want to talk about any times they can think of when breathing might help.



### Ending

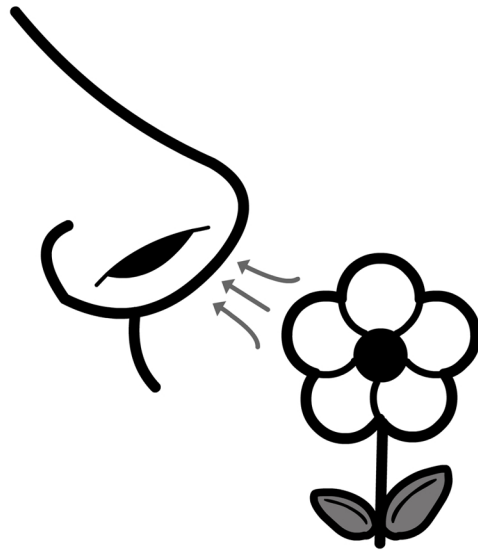
Sing the song 'The Wheels on the Bus' finishing with the verse 'The children on the bus say, "I'm okay".'

**All together breathe in and out and finish lesson.**

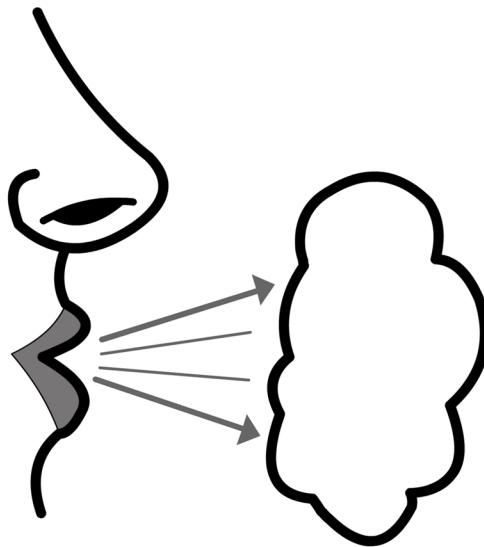


# Breathing

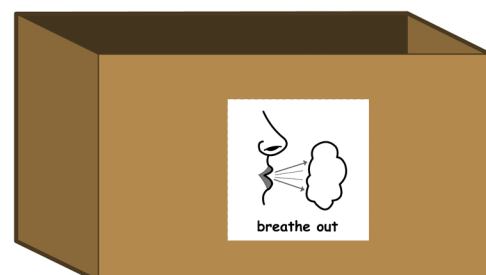
IT'S RAINING AND I'M OKAY



breathe in



breathe out



# IT'S RAINING AND I'M OKAY - LESSON PLANS

## Lesson 2 - A Helping Hand

### You will need:

- It's Raining and I'm Okay book.
- Circle time toy. Ideally a signing puppet.
- Coloured paper, pens and scissors.
- 'Helping Hand' Resource.



- 1 Starter:** Introduce your puppet. Get the class to choose a name for him. Make it funny. Signing puppets work well for this.

Tell them the puppets name and explain that he was really worried about coming to see them because big groups can make him worried because the noise of talking can hurt their ears.

Try to make the puppet as human as possible and get the class showing sympathy for him.

- 2 Story:** Read the story and get the puppet reacting – ‘Oh that happened to me’, etc. Focus on times the child counts in the story. Get the puppet to show how he uses his hands, counting up each finger then breathing out as they trace down the finger. Get the class to do this with the puppet.

- 3 Task:** Use the ‘Helping Hand’ Resource. Children can create their own ‘helping hand’ breathing resource by printing their hand or drawing around it on coloured paper and cutting it out. These could be laminated later or stuck in an exercise book.

- 4 Plenary:** Group the children in a circle. Use the puppet. What colour hand has he made? Is there a time he used breathing? Maybe he was expecting to go to softplay and it was closed (or anything the children will relate to). Pass around the circle time toy. Children can show their hand visual. Encourage the children to share any times that they might want to try breathing. They can use examples from the book.



### Ending

Sing the song ‘The Wheels on the Bus’ finishing with the verse ‘The children on the bus say, “I’m okay”.’

All together breathe in and out and finish lesson.



# My Helping Hand

IT'S RAINING AND I'M OKAY



- Trace each finger slowly
- Breathe in through your nose
- Breathe out through your mouth
- It may help to count: 1, 2, 3, 4, 5

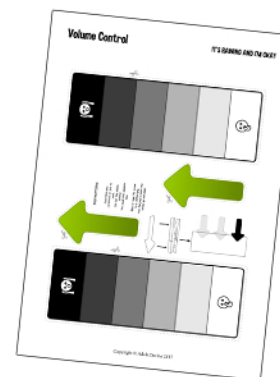


# IT'S RAINING AND I'M OKAY - LESSON PLANS

## Lesson 3 - Volume Control

### You will need:

- A box of noisy instruments. Switches with visuals of things that make noises and recordings of the sounds, for example - hair dryer, hand dryer, vacuum cleaner and a baby crying.
- A laminated 'Volume Control' Resource.
- Ear defenders or a picture of them.



- 1 Starter:** Allow each child a turn to take something from the box and explore the sound it makes.

Do they like the sounds?

- 2 Story:** Read the 'It's Raining and I'm Okay' book.

- 3 Task:** Talk about what the child in the story does when sounds are too loud. What else could they do? Refer to the page where the child covers their ears. Explain that if all sounds hurt the child's ears, they could wear ear defenders. Show an image or ideally real ear defenders so the children can try these on.

Show the ready-made visual volume control. Talk about how you could use it to ask for the volume to be turned down.

Demonstrate by allowing one of the children or an assistant to use it to control the volume of your voice. This could make the children laugh.

Children then create their own visual volume controls either using the 'Volume Control' Resource provided or by creating their own. They could also do a picture or stick down pictures of sounds they find horrible, sounds they don't like and sounds that are okay.

- 4 Plenary:** Passing the circle time toy, look at what the children have created. Talk about how some people find different sounds more difficult. For example a dog barking could be the worst sound for one person, and a vacuum cleaner for someone else.

There are people who don't mind these sounds. We need to understand that we all experience things differently and look out for and support friends who are finding sounds difficult.



### Ending

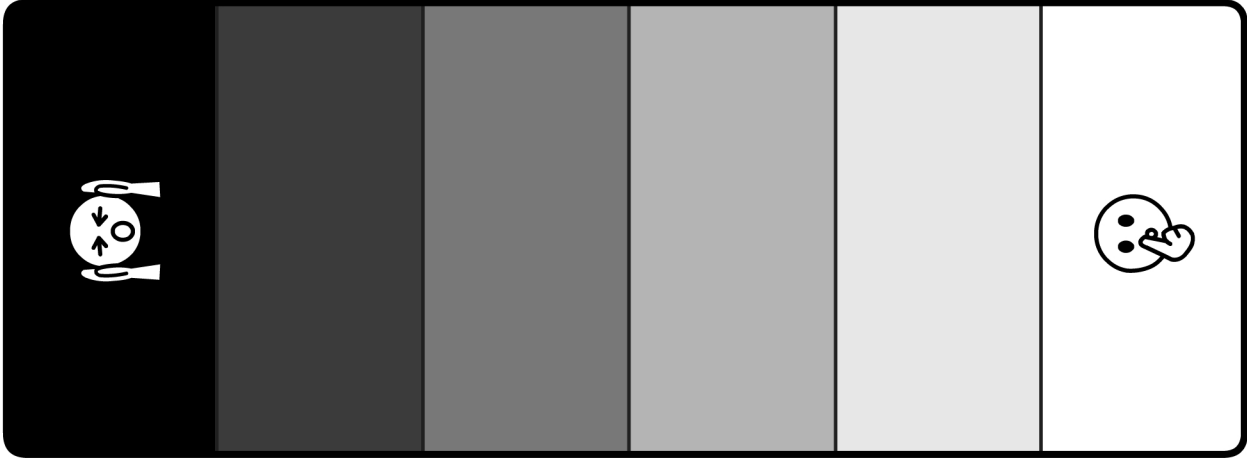
Sing the song 'The Wheels on the Bus' finishing with the verse 'The children on the bus say, "I'm okay".'

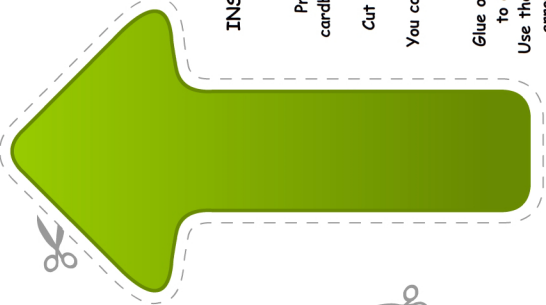
All together breathe in and out and finish lesson.



# Volume Control

IT'S RAINING AND I'M OKAY





**INSTRUCTIONS**

Print this onto cardboard or glue to card.

Cut out the volume control.

You could also laminate this.

Glue or tape the arrow to a clothes peg.

Use the peg to move the arrow up and down.

