


<u>Welcome</u>	Welcome the pupils to the session and explain how today they are going to be discussing colours and emotions	<u>Resources</u>	Emotion fans/wheels Colour table Yellow colouring sheet/mandala for early finishers and to take home to finish
<u>Warm up/Vicebreaker</u> A quick fun game to encourage pupils to feel relaxed and at ease.	<u>PAINTBOX</u> Pupils must sit in a circle and the leader assigns each child a colour. For example -Red, blue, green and yellow. Ask children a series of questions on their colours. All the green and yellow people stand up and change places. All the red and blue people stand up and change places. Reds and blues change places with greens and yellows. All the red people stand up and change places with each other. When you shout 'Paintbox' everyone must stand up and change places with someone else.		
<u>Main activity</u>	<u>MAIN ACTIVITY</u> Sit the pupils in a circle. 'How do colours make you feel? Here is a selection of colours can you show me on your fan or your wheel the colour that is closest to how you feel right now?' Invite each pupil to tell you how their colour makes them feel. Then ask each pupil to talk to the person next to them to explain why that colour makes them feel that way. Invite the pupils to share some of their colours and to explain which emotion each colour makes them feel. Ask the pupils to go to their tables and write or draw on their fans or wheels. They can either write the emotion word or they can draw their faces showing that emotion. Any early finishers can start colouring their 'Yellow sheet' and older pupils could do the mandala. Invite the pupils back to the circle and use the table to see if there are any common colours that are associated with an emotion or feeling. Does 'yellow' signify 'happiness' for example or 'red' signify 'anger'?		
<u>Review of the session</u> 	<u>WHAT HAVE THEY LEARNT?</u> The pupils may have realised that they discussed their emotions with everyone else and also explained how each colour made them feel. Make sure that pupils get the message that it is ok to talk about your feelings. Finish by asking them how 'Yellow' makes them feel? Ask them to shout it out loudly! 'YELLOW MAKES ME FEEL ...'		