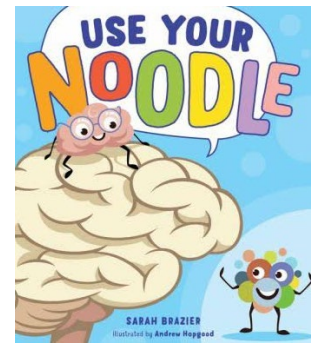


Use your Noodle Early Primary Lesson Plan



Lesson Plan: Early Primary (Foundation – Year 2)

Focus: Identifying and managing emotions

Curriculum Links:

- ACPPS001: Identify and describe emotions.
- ACPPS005: Practice strategies to manage emotions and interactions.

Lesson Overview (45 minutes)

1. Introduction (10 min) – "What are emotions?"

- Read *Use Your Noodle* aloud.
- Discuss different emotions in the book (e.g., happy, sad, angry).
- Ask: "How do you know when you're feeling this way? What does it feel like in your body?"

2. Activity (15 min) – "Emotion Faces"

- Show different emotion flashcards (or draw faces on the board).
- Students mimic the expressions and say when they have felt that way.
- Pair-share: "What do you do when you feel this way?"

3. Strategy Practice (15 min) – "Using Our Noodle"

- Introduce calming strategies (deep breathing, counting to 10, hugging a teddy, talking to a friend).
- Act out scenarios (e.g., "What would you do if you felt frustrated because your tower fell over?").
- Practice a "calm-down routine" together.

4. Reflection & Wrap-Up (5 min)

- Draw a picture of a time they used their "noodle" to handle emotions.
- Share one thing they learned.

Extension:

- Create an "Emotions Poster" with different strategies for managing feelings.