



LUCY'S LEARNING CORNER

Month 1 Lesson Plans

Age Level: 5-7 years (with adaptations for ages 8-11)

Duration: 5 lessons spread over 4 Weeks

Objective: To help students identify different emotions and develop empathy through "Lucy's Blue Day".

Lesson 1: Discovering Lucy's World



- **Activity:** Read "Lucy's Blue Day" together. Discuss the story's context and characters.
- **Discussion:** Explore what emotions Lucy feels. Can students relate to Lucy?
 - **Older Students:** Discuss the psychological effects of different emotions and why it's important to talk about them.
- **Activity:** Create a classroom 'Emotion Wall' where students can post how they're feeling using colours.

Lesson 2: The Colour of Emotions



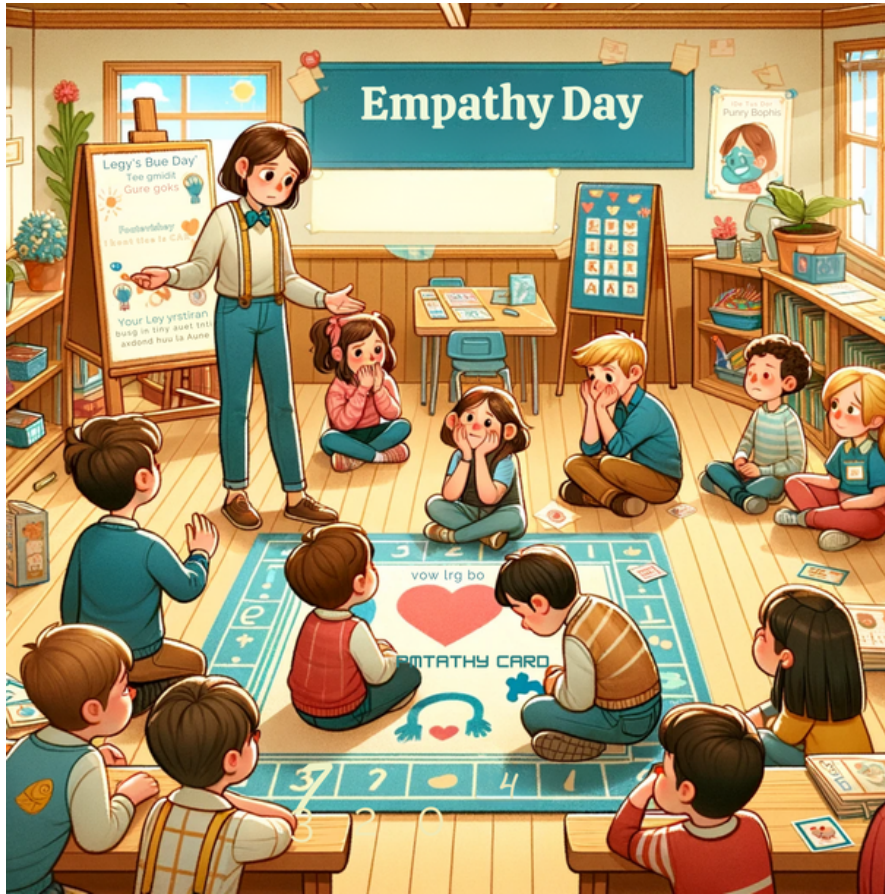
- **Activity:** Match emotions to colours activity using Lucy's changing hair as a guide.
 - **Older Students:** *Delve into colour psychology and its impact on moods and feelings.*
- **Discussion:** Discuss why Lucy's hair might be blue. What emotions do other colours represent?
- **Craft:** Students create an artwork of Lucy, selecting a hair colour based on a personal emotional experience.

Lesson 3: Sharing Our 'Blue' Moments



- **Activity:** Students share a time when they felt 'blue' and discuss or draw it.
 - **Older Students:** Write a short story or poem about overcoming a difficult emotion.
- **Discussion:** Share how we manage and respond to sad feelings. What strategies help?
- **Extension:** Initiate a 'Feelings Diary' for students to record daily emotions, with weekly reflections for older students.

Lesson 4: Learning Empathy



- **Activity:** Role-play scenarios inspired by the book, focusing on how to support others.
 - **Older Students:** *Develop complex scenarios that involve multiple emotions and appropriate responses.*
- **Discussion:** How can we help someone who feels like Lucy? What are the right words or actions?
- **Activity:** Design 'Empathy Cards' to offer support to peers, with more intricate messages for older students.

Lesson 5: Reflecting on Emotional Growth



- **Discussion:** Group reflection on the emotional journey throughout the month. Discuss any changes or realisations.
- **Activity:** Check back on the 'Emotion Wall'. How have students' feelings shifted?
- **Craft:** Create a 'Lucy's Emotion Wheel' with a wider range of emotions for older students to take home and discuss with family.

Materials Needed:

- "Lucy's Blue Day" book

- Supplies for 'Emotion Wall' and crafts
- Journals for 'Feelings Diary'
- Card-making materials for 'Empathy Cards'

Assessment:

- Participation and engagement in discussions
- Observation of empathy in role-play activities
- Reflections in 'Feelings Diary'

Follow-up:

- Monthly revisits to the 'Emotion Wall' to encourage ongoing emotional awareness.
- Use the 'Lucy's Emotion Wheel' as a tool for class discussions about complex emotions, especially with older children.

By spreading the lessons out over the course of the month, students have time to absorb and reflect on each aspect of emotional literacy. These plans provide a scaffolded approach to exploring emotions for younger students, with additional layers of complexity for older ones.