



# L5. COPING SKILLS

Y5



LAUGHOLGY  
HAPPY-CENTRED  
SCHOOL PROGRAMME



## LESSON 5 QUESTION:

Can I use positive visualisation to help me cope in challenging situations?



### YOU WILL NEED:

A quiet place for children to sit and be able to visualise and imagine; pens and paper.



### DIRECT TEACHING INPUT:

- › Explain to the children that, in this session, you want them to use their imagination.
- › Ask the children to think back to a time when they achieved something great. It might have been winning a race or doing well at a school subject and being congratulated for it. Make sure all the children have something and collect some examples from the class.
- › Ask the children to think about how they felt at the time of this achievement. How did it make them feel inside and outside? What thoughts did they have? Encourage the children to visualise the event and re-live the moment in their minds. Allow them to keep this focus for at least 30 seconds. Then ask the children to think about something else completely different, maybe eating sprouts.
- › Then ask the children to bring the positive experience back into their minds again and hold it for 30 seconds.
- › Repeat this exercise a few more times.
- › Ask the children how they felt when visualising the positive experience.
- › Explain to the children that this exercise is called 'positive visualisation' and doing this will help them feel better in times of challenge. They can also visualise places and people that help them feel positive. Ask for examples of what, or who, these might be.
- › Ask the children to make a positive visualisation list. The list should consist of all the positive places, people and things that make them feel better. Next to each thing/person on the list can they put the feeling that comes from thinking about it? For example, being in bed, reading a story = relaxed and safe.



### REFLECTION/BRINGING THE SESSION TOGETHER:

- › When they've done this, let them share their lists with others.
- › Children can draw their favourite visualisation
- › Over the next week encourage the children to use their visualisation to help them feel better.
- › Explain they might use different visualisations for different things. Can the children think of visualisations that would work for them, in different situations?



### TEACHER NOTES:

#### → POSSIBLE RELATED VOCABULARY TO TEACH:

Coping, Strengths, Success, Co-operation, Friendships, Aid, Guide, Listen, Model, Together, Teamwork, Community, Compassion, Reassurance, Giving, Comfort, Thoughtfulness, Grit, Determination, Can-do, Attitude, Together, Standing tall, Breathing, Relaxation

#### → DIFFERENTIATION AND EXTENSION:

Some children could be challenged to explain positive visualisation to members of their family.

#### → TEACHER'S ANNOTATIONS:

#### → WHAT WENT WELL?

#### → WHAT MAY BE EVEN BETTER NEXT TIME?

#### → OTHER IDEAS...