

Key Steps for a Successful Session:

- **Come Prepared** - Review materials and gather necessary equipment, including printing worksheets.
- **Set the Tone** - Share about yourself to create a welcoming atmosphere for vulnerability.
- **Prioritise Safeguarding** - Follow your school's safeguarding policy and outline it for the group to set expectations.
- **Engage in Gardening** - Use gardening as a fun, practical resource to encourage open dialogue on deeper topics.
- **Manage Time** - Keep track of time to ensure you give space and time to explore the core theme of the session.
- **Utilise the Border** - Regularly engage with your school's border, allowing children and young people to enjoy and own the space.

Learning Objectives

- To help the children start to identify flowers that are past their best and learn the skill of deadheading
- To explore the emotion of anger and think about some helpful ways in which we can let anger out and express it in the right way
- To think about how anger can make us feel in our physical beings
- To learn some helpful tools to let go of tension

You will need:

Printed emotions worksheet
Timer
Child-safe scissors
Bag/Basket
A3 Printed Story
Straws

OPENER

Print a copy of the accompanying emotions worksheet. Cut up the faces and hide them around the border. Set a timer and get the children to find them as fast as they can and bring them to the middle. When they have found them all. Ask them to pick out any faces that look cross, grumpy or angry and put them to the side. If they choose other emotions, help them to identify them correctly but don't add them to your pile. Hold up the ones that illustrate anger and tell them that they will be learning about the emotion of anger together.



GARDENING GUIDE

Teach the children to deadhead. Help the children to deadhead the flowers that are past their best. Look out for flowers that are beginning to wilt, loose their petals or turn brown. This means the flower is fading and can be removed. This helps the plant to grow lots more flowers, a bit like how, when we get a hair cut, our hair grows back stronger and healthier. We deadhead plants to prolong the flowering period and this also helps the plants to grow stronger and produce far more flowers than if we left the old flowerhead in place. Follow the guide on the next page to see a step by step on how to deadhead a flower.

1**Look for finished flowers**

Look for flowers that are finished blooming. They may look droopy or brown.

2

Gently hold the stem of the flower as you only want to remove the flowerhead.

3**Pinch or cut off****Pinch**

Pinch off the old flower with your fingers, or carefully cut it with scissors.

4

Collect the flowerheads for an activity later in the session.

GET STUCK IN

Go round the border and check each of the flowers. If it looks past its best, turning brown or wrinkly or is beginning to droop you can deadhead the flowerhead. Encourage the children to use their pincer grip to do it or use child friendly scissors and help them to identify the right ones to deadhead. Try counting how many you have collected as you go. Collect spent flowerheads in a bag/basket and put aside for an activity later.

STORY TIME

Gather the children and read the story 'Blow it Away' about Spid the Spider. This story explores the emotion of anger and comes with some story cards to help bring the story to life. We suggest printing in A3 to make it easier for the children to see and engage with the story. Read the story as a group.

REFLECTION ACTIVITY

You can use all of these ideas or pick and choose. We do recommend ending with the 'Blow it away' activity as this links back to the plant care at the start of the session.

Grumpy faces

Spid felt lots of emotions in the story as well as anger. He also felt sad and tired and eventually happy.

We show what we are feeling inside, on our faces. We call that an expression.

Think of some basic emotions and demonstrate them at the front. See if the children can guess your emotion from the expression you make.

Let them try. Shout out different emotions and get them to try and show that emotion on their face.

Help the children to recognise and name some basic emotions.

Wiggle Time

Wiggling and jiggling helped Spid to let go of his anger in a positive way. Let's give it a try...

Make sure everyone has some space. Encourage the children to move their body as much as they can where they are and get wiggling!

- Try wiggling each part of the body in turn from head to toes
- Try wiggling your tongue at each other
- Try holding your body as still as you can and being tense and then wiggle it away. Note the difference in how your body feels.

Blow it Away

Spid found that breathing in deeply and blowing out hard helped relieve his anger and calm him down.

You will need the deadheads you collected earlier to give this technique a go.

Use a table and lay out the deadheads. Give each child a straw and explain that you are going to practice breathing to help feel calm.

Encourage them to take a deep breath and then blow down the straw as hard as they can. See if they can blow the deadhead off the table.

They can do this individually or work as a team if easier.

CLOSE

We all get cross sometimes and that is ok, but we don't want to hold onto anger. Next time you feel angry remember to get wriggling and jiggling and blow your anger away. Try using these techniques to help the children when they experience anger and encourage them to put them into practice, as they learn to express and understand their emotions. Encourage the children to look out for new flowers on the border in the coming weeks and to see how deadheading the flowers will help to produce more blooms this season.

Top tip: Use the old flowerheads to decorate a picture when you have finished this session or if you have 2 of a kind laminate them and use them as a matching pairs or for snap.