

# Session 1

# Be Curious

## (Community)



### Key learning

Children learn to recognise emotions in themselves and others and understand that showing kindness is a way to care for people's feelings.

## Before the session

### You will need:

- Slides for this session, with sound
- Emotion cards (provided in resources)
- A copy of *I Want My Hat Back* by Jon Klassen
- Hat template
- Paint, pencils, tissue paper, herbs (such as mint and parsley), fabrics

### Notes

# Be Curious (Community)

We are all different, but together we are stronger.



## Film

Show the *Difference EYFS* film to introduce the session and create a welcoming, engaging environment for learning.

## Explore vocabulary

These are the words included on the widgit mat for this session:

- Kind
- Help
- Listening
- Friends
- Hat
- Emotions

## Story

In this session we are beginning to explore and think about 'How we can be kind to others?'

Begin by showing the children emotion cards.

 Notes

## Ask:

- What do you see?
- What is the same?
- What is different?
- How do you feel?

It is important to give children the space to reflect on how they feel and why they may feel this way. If any emotions are unearthed during this discussion, ask 'what can we do to show kindness to our friend who is feeling this way?'

## Space



### Film

**Play *The Lost Voice* video by Cheeky Pandas.**

The story can be broken up and stopped at 6:20, before the prayer begins.

Invite the children to recall the story.

## Ask them:

- What was lost?
- How did Lulu feel?
- How did her friends help her?

## Notes



## Children's literature

Show the children the front cover of *I Want My Hat Back* by Jon Klassen.

Link the book to the video by suggesting that the video reminds them of another story, where a bear loses his hat. While the children are given space to look at the cover, ask:

- How do you think the bear feels?
- What can we do to help?
- What do you think the bears' hat looks like?

## Continuous Provision Activity (CPA)



### Activity

## The bear's hat

Encourage the children to design the bear's hat. Invite them to think about what it might look, feel, or smell like. Offer the pupils different resources (paint, pencils, tissue paper, herbs (such as mint and parsley), fabrics, natural resources etc) to allow them the freedom to express themselves creatively. We've included a template of different hats on the resources hub – or feel free to create your own.

At the end of the activity, you may like to do a gallery walk showing each creation to allow pupils to appreciate the differences and similarities in their work.



## Activity

# How do you feel?

Revisit the emotions introduced in the video and the story about the bear. Instead of just talking about feelings, children show how they might feel through facial expressions, body language, or by using the emotion template provided.

Emphasise that everyone experiences feelings differently and may respond in their own unique way.

## Notes

## Sanctuary



### Bible passage

"Be kind and loving to each other."

*Ephesians 4:32 (NCV)*

This verse reminds us to be kind and loving to our friends and family. Even small kind actions can make someone very happy and help us feel good inside.



### Reflection

**You may want to read this reflection aloud to your pupils.**

Kindness means being nice, sharing, and helping others. When we do kind things, like sharing toys or saying kind words, it makes our friends happy and makes us feel good too! We can show kindness every day by helping, listening, or giving hugs when someone is sad. Even small acts of kindness can make a big difference!





## Prayer

Dear God,  
Thank you for my friends and family.  
Help me be kind and share with others.  
Show me how to help when someone is  
sad or needs a friend.  
Help me use kind words and show love  
every day.  
Amen.

## Notes



## End of session 1

difference.