



LO: I know appropriate ways of physical contact to greet my friends and know which ways I prefer. I recognise which forms of physical contact are acceptable and unacceptable to me.



# Recap Binfield Golden rules and Extra golden rules



## Binfield's Essential Golden Rules

- Show respect to adults and peers at all times
- Treat others how we would wish to be treated, using kind hands, kind feet, and kind words with each other
- Listen carefully when other people are talking
- Walk even when we are in a hurry
- Keep the school clean, tidy and attractive
- Look after personal property
- Never settle for less than our best

*extra*

# **Binfield's Essential Golden Rules**

(during Coronavirus)

**I will follow the 2-metre rule as much as I can.**

**I will follow the one-way system around the school.**

**I will wash / sanitise my hands lots of times in the correct way.**

**I will catch my coughs and sneezes in a tissue and follow the 'Catch it, Bin it, Kill it' rules.**

**I will only touch my own things and I will help the grown-ups keep my workspace clean.**

**I will tell my teacher straight away if I don't feel well.**

**I will try my best to be a good role model in my 'bubble group'.**



# Connect us: Smile or wave

- Stand in a circle and chn take turns to pass on a smile or a wave to someone in their class.
- During must use eye contact to notice when someone looks at them. After someone has passed on a smile or wave they can sit down.
- Ensure every child has received as smile or a wave.

# Calm me:

Children: In this Jigsaw Puzzle we are thinking carefully about Relationships, about the relationships we have with members of our families, relationships we have with our classmates, relationships we have with our friends and very importantly, the relationship we have with ourselves.

Relationships are very important to human beings as they give us company, help us feel loved and wanted, and relationships at school can help us learn.

So let's use our breathing and our Jigsaw Chime to calm our minds down, to feel relaxed and to focus our thoughts on our relationships.

So using your 'Calm Me' straight back, remembering there is a pretend golden thread pulling up through the top of your head and letting your spine grow nice and straight...have your feet flat on the floor and your hands resting lightly in your lap...and close your eyes.

Listen until you can't hear the sound any longer...(strike the chime)

Bring all your attention to your breathing and help your mind to feel a lovely deep breath. Feel the air coming in through your nostrils and notice how it fills up your lungs and then your tummy expands. Help your mind to follow the air as it moves out of your body and your tummy goes in again and you feel the warm air as it gently passes through your mouth.

Enjoy a few of these lovely calming breaths.

Now let your mind think about a person who is very special to you, a person you have a special relationship with. Can you make a picture in your mind of this very special person?

Can you fill up your body with the special feelings you have for this person? Can you smile as you think about your special person?

Let's enjoy thinking about our special people for a minute or two...

Now gently pretend your mind is like your computer and save your picture of your special person. You can find this picture any time you want to because it is saved safely in your mind.

Now gently notice your breathing as you take 3 deep, calm breaths while you listen to the sound of the chime fade away.

Wiggle your fingers and toes, take a big stretch and when you are ready, bring your awareness back to this moment, calm and ready to learn.



# Open my mind:

Look at the people in the following pictures.

What are they all doing?

Why might they be doing it?



Pause point:

How do you feel about holding hands with people?



You can keep your thoughts to yourself if you don't want to share them. That is ok.



Whatever you feel about holding hands with others, those feelings are ok.



# Tell me/show me:

- Pass round some feely bags which contain items of different textures.
- Which ones feel good/not good to touch?



Let me learn:

We tend to touch different people in different ways.

Role play with different children various ways of greeting using different types of physical contact e.g. shaking hands, hugging, high five, gently bumping fists. Discuss with the children how they greet friends, family, teachers, etc. and ensure they understand that different types of physical greeting are acceptable or not in different situations. Explain that it is OK to say 'no' if there is a touch they don't like.

**TASK:** If time, children work in friendship groups/pairs to come up with a special way of greeting each other using some kind of physical touch which is acceptable to all members of the group.