

Martin Roberts Foundation
Registered Charity in England & Wales No: 1172905
www.martinrobertsfoundation.org.uk



SADSVILLE YEAR 4 LESSON PLAN

Teaching Resources to support this Lesson Plan are available for download at www.martinrobertsfoundation.org.uk



- **Sadsville Assembly / Lesson slides**
- Bag of Worries Worksheet
- Circle of Support Worksheet
- How to be a Good Listener Worksheet
- If I'm Feeling Sad Worksheet
- Tips for Wellbeing Poster

ALSO

- Feedback Questionnaire for Teachers (online)
- Feedback Questionnaire for Children (printable pdf)
- Guide for Parents

YEAR 4 LESSON PLAN

Lesson Plan about FEELING SAD and talking about emotions LINKING TO SADSVILLE BOOK

Age group:

Key Stage 2 - Year 4

Aims:

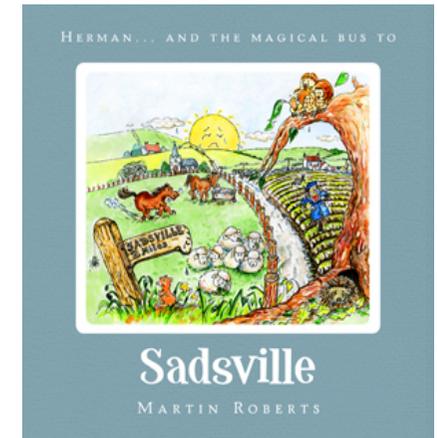
- This document offers some simple guidance on how to deliver and explain the Sadsville book to your pupils
- To help children understand and express their emotions
- To encourage children to talk about their concerns - no problem is too big or too small
- To make children aware of how to get help and sources of help, including Childline

Resources:

- **OPTIONAL:** An onion, knife, chopping board and box of tissues for the introduction in the Optional Introduction
- *Sadsville* Assembly / Lesson Powerpoint slides and Worksheets (available to download at www.martinrobertsfoundation.org.uk)
- Drawstring bag and props to represent worries (see Slide 10)

Idea for Further Development:

If you want to develop this assembly further, a role-play activity could be carried out with a child pretending to cry and another child asking what's wrong. Encourage the children to listen to one another and practice what they have said in the exercise 'How to be a Good Listener'.



OPTIONAL	Teacher presentation	
	Take the onion and begin peeling it and chopping it.	Observe that it's not easy to prepare an onion without crying. A strong substance is released that causes the tear ducts in our eyes to water
	"Today we are going to talk about feelings & emotions. In particular about feeling sad and crying".	
Introduction		
Slide	Teacher presentation	Notes
1	"A group of people from all over the country working together to help keep children safe and happy. Today we are going to talk about what makes us happy and what makes us sad . We will talk about our emotions, in particular feeling sad and the reasons why someone might cry. I will also explain to you about Childline, a safe service just for children and young people where children can talk to a trusted adult if they have a problem that is making them feel unhappy or worried and they need to talk to a trusted adult in confidence".	
1	Shortly you are going to be given a book (which is yours to keep to take home with you) called 'SADSVILLE'. This book is about a place where people are always sad.	
1	"Today we are going to talk about feelings & emotions. In particular about feeling sad and crying".	
2	<p>"Why might someone cry?"</p> <p>Explain that there are a lot of reasons why people cry and like laughter, tears simply reflect our innermost feelings.</p>	Gather feedback from a few children.

OPTIONAL	Teacher presentation	
3-6	<p>People can cry as a result of a wide range of emotions. For example:</p> <ol style="list-style-type: none"> 1. Winning athletes on the podium are sometimes moved to tears as their national anthem is played. 2. Someone meeting up with a loved one they haven't seen for a while. 3. A parent watching a child sing or perform. 	Ask children what sort of emotions might these people be feeling.
7	<p>People of all ages cry. Some people are moved to tears very easily. Others keep their feelings hidden.</p>	Assure children that it's alright to cry. Tears let out deep feelings and can help us to feel better.

Keeping Feelings Inside

Slide	Teacher presentation	Notes
8	<p>"Why do you think someone might keep their feelings hidden?"</p>	Ask for feedback from children i.e. feel silly, don't want to be embarrassed, don't want to hurt someone else's feelings.
9	<p>"Do you think its good to keep feelings inside?"</p> <p>Explain that releasing emotions and showing how we feel often makes us feel better.</p> <p>We have feelings that come and go every day. These are small feelings, such as feeling excited about something or nervous about something. Small feelings can feel very strong at times, but these feelings aren't usually a problem; they're all part of everyday life. We can usually keep these feelings inside as they pass quickly.</p> <p>"Can you think of small feelings that you've had today?"</p>	<p>Gather feedback from a few children.</p> <p>Ask some children for examples: i.e. I'm not looking forward to my maths test later or I'm going to have tea with a friend today.</p>

Keeping Feelings Inside

Slide	Teacher presentation	Notes
10	<p>BAG OF WORRIES</p> <p>What kind of things might make you feel sad, unhappy or worried? For each example given, place an item into the bag. Ask children to give suggestions on what makes them feel sad?</p> <p>The bag is starting to get really heavy. It would be difficult to carry all this sadness around if you didn't know who to turn to for help and support. Ask the children how this would make them feel?</p>	<p>Use an actual bag as physical prop. The empty bag is as light as a feather and easy to carry. But now get the children to load items into the bag. Imagine these items were worries that a child could be carrying around. Use the BAG OF WORRIES worksheet and help children draw or write what might be in their bag.</p>
11 & 12	<p>But how about BIG feelings? Those ones that you feel EVERYDAY. Big feelings can change how we behave, how we see ourselves and the world around us and how we interact with other people. Some of us might never experience these big feelings, but for those people that do, they can be really serious.</p> <p>"How do you think XX would behave if he was ALWAYS worried. Or if XX was ALWAYS scared?"</p>	<p>Refer back to previous answers on small feelings and ask how these children might feel if they felt like that ALL THE TIME.</p>
13 & 14	<p>It can sometimes be difficult to understand how we are feeling and to tell the difference between our big and small feelings.</p> <p>"Who can help us understand the difference?"</p> <p>Explain who a 'Trusted Adult' is:</p> <ul style="list-style-type: none">• a teacher• a parent or carer• grandparents• an aunt/uncle or any family member over 18 years old• Childline or other organisations that support children	<p>Draw out answers such as adult, parents, friends, teachers, coach or leader.</p> <p>Use the CIRCLE OF SUPPORT worksheet and help children record who they can talk to about how they are feeling.</p>

Why Talking & Listening is Important

Slide	Teacher presentation	Notes
15	<p>"You're shortly going to be given a book called 'SADSVILLE' where everyone is always sad ALL THE TIME. The characters in Sadsville are so wrapped up in themselves that they don't talk to one another about what is making them sad - until a person from the outside comes in."</p>	<p>Or you could read part of the story out loud (say, up to page 25) and invite children to try and guess why the people are feeling sad.</p>
16	<p>It can be sometimes be difficult to talk to someone if they seem too busy or you don't know what to say or how to start off the conversation. "Can you think of words that you could say to make sure that person you are talking to listens carefully?"</p>	<p>Draw out responses like "I've got something I want to talk about" or "I'm feeling really uncomfortable"</p>
16	<p>And if someone wants to talk to you about how they feel, it is important to LISTEN.</p> <p>A friend could simply sit quietly beside someone who is upset. They may need to wait patiently if that person wants to be alone. A word of comfort or encouragement might help – or simply a reassuring touch.</p> <p>Someone who is upset is often helped if someone else will listen, not commenting or giving advice.</p> <p>Friends share laughter: they share sadness too.</p>	<p>Ask children to offer ideas of how to be a good listener and friend. e.g. Sit side by side, hold their hand or put your arm around them, make them feel comfortable to talk, listen carefully to what they say.</p> <p>Use the HOW TO BE A GOOD LISTENER worksheet and ask children to complete by drawing or writing what they think makes someone a good listener.</p> <p>Stress that if the children are ever worried someone is badly hurt or in danger they should tell an adult whom they can trust.</p>

Why Talking & Listening is Important

Slide	Teacher presentation	Notes
17	<p>Remember if your feelings are getting too BIG to cope with on your own and you feel you want things to change...talking to someone else might really help.</p> <p>Explain that children should tell a trusted adult if they feel hurt, unsafe, sad, worried or frightened and reassurance should be given that it is NEVER a child's fault to have these emotions. If the situation doesn't change it is very important for the child to keep speaking out and keep telling a trusted adult until the situation improves and changes.</p>	<p>Use the IF I'M FEELING SAD worksheet to guide children to think about what they can do to help themselves if they are feeling sad.</p> <p>Hand out or post on wall TIPS for WELL BEING.</p>
18	<p>Explain that children contact Childline for all sorts of reasons so whatever the worry they will always listen carefully and trust whatever they are told. What a child says to Childline stays with Childline. It is a confidential 24 hour service, available every day of the year. Calls are free of charge. Children have a choice and do not have to give their name.</p>	
		<p>Hand out Feedback Questionnaires and ask children to complete then AFTER they have read Sadsville.</p> <p>Feedback forms can be returned to:</p> <p>The Trustees Martin Roberts Foundation Laurel House Park Road Paulton Bristol BS39 7QQ</p>

We hope you found this Lesson Plan useful and that it created lots of discussion in your classroom.

We'd love to hear back from you on how it went and what the children think of the Sadsville Book.

You can complete a teacher questionnaire online at www.martinrobertsfoundation.org.uk . Here you will also find a **feedback form** to download and **print out for your children to give their feedback on the book.**

And just as a final reminder of what an important lesson this is, a few words from the NSPCC and Childline



“Thank you for creating this highly entertaining and original way of raising children’s awareness of how they can reach out for help through support services such as Childline. I wish the Sadsville book project every success.”

Dame Esther Rantzen DBE, Founder & President of Childline



“The Sadsville book project will help support the work of the NSPCC to protect children today and prevent abuse from happening tomorrow... Sadsville introduces children to problem solving and explains that you can be sad for a number of different reasons and encourages them to have the confidence to seek help. The number and website for the Childline support services offers a call to action at the end of the book and provides children with a lifeline when needed the most. In the most extreme of cases, this lifeline saves lives. By distributing Sadsville widely, we put this message in to the hands of children who may not otherwise have known who to turn to for help, and although it is impossible to monitor how children come to hear about Childline, the number of additional children using the service as a direct result of this initiative could be highly significant.”

Peter Wanless, CEO NSPCC

childline
A life-changing NSPCC service