



PSHE Medium Term Planning Sheet

2020/2021

Year 2		Term 4	Unit title - My Hidden Chimp by Professor Steve Peters.
<p>Brief description of main content of this unit: This unit begins with looking at the children's version of The Chimp Paradox by Professor Steve Peters. It examines how we think and where our emotions come from. It gives ten simple strategies on how to control our emotions. This works hand in hand with the Zones of Regulations and the parallels between the two can be drawn on.</p>			
<p>Vocabulary: chimp, emotions. Feelings, brain, control, complicated, digestion, happiness, anxiety, surprise, joy, sadness, fear, anger excitement, motivation, self-awareness, strengths, reflect, learners, effectively, problem, learner, goal, consequence, realistic, distractions, satisfaction, bored, frustrated, boredom, solution, success.</p>			
Lesson No.	Key Learning Intentions Linked to National curriculum (differentiated)	Activities & Teaching & Learning strategies (including assessment opportunities)	Cross curricular links
1	<p><u>LI - To understand how our brain works</u> <u>Success criteria:</u> ALL must understand that our brain controls our thinking and our emotions. MOST should be able to colour and label the different parts of our brain. SOME could explain some of the ways our chimp reacts.</p>	<p>Circle time - Explain that this lesson is focusing on emotions. Pass the circle time object around the circle, asking the children to explain how they are feeling and why. Introduce the book 'My Hidden Chimp' by Professor Steven Peters. Ask the children do you ever wonder why you do things that you don't want to do? Give examples: tell lies, being mean, getting scared, getting worried, being grumpy or angry but not knowing why. Explain that the reason for this is our brain. The brain controls the body: taking, muscles, heart, liver, hearing, breathing, digestion (eating). Then explain that different parts of the brain control different things, show them on the IWB. Explain that two parts of our brain are used for thinking. The brain is also where our feelings come from. One part is in red and the other part is blue. We can control the blue brain but we cannot control the red brain. Sometimes the red brain takes over when we don't want it to. When the blue brain is in charge we are happy, when the red brain is in charge we are unhappy. Explain the chimp brain on the IWB. When you are thinking with your chimp you are in the yellow (silly) zone. Go through the initial problems we looked at the beginning of the lesson. Task: colour in the different parts of the brain and label what the different parts do pages 18-19 Task: rational thoughts and chimp thoughts page 33 Plenary: self-evaluate. What have you learnt about your chimp? Next week we will look at ten ways to control your chimp.</p>	<p>Science - biology the human body</p>
2	<p><u>LI - To understand how to control our chimp</u></p>	<p>Circle time -</p>	



PSHE Medium Term Planning Sheet

2020/2021

	<p><u>Success criteria:</u> ALL must be able to explain two ways to control our chimp. MOST should be able to write a happiness list/reasons of why say sorry and Chimp not saying sorry. SOME could explain the importance of managing our chimp.</p>	<p>Explain that this lesson is focusing on emotions. Pass the circle time object around the circle, asking the children to explain how they are feeling, why and how they could get themselves back into the green zone if they are not already there.</p> <p>Explain that there are ten habits that might help you to manage your chimp and they will help you to feel happier.</p> <ol style="list-style-type: none"> Smiling. It has been discovered that when you make yourself smile, it can make you feel happier. Your blue brain knows that when you smile you feel happier. Maybe your chimp wants to stay in bed. When your chimp doesn't feel like smiling it doesn't and it lets everyone know. You can make yourself happier by thinking about the good things you have, think about something funny that has had happened or a good time you have had, think about people you like. Sometimes you want to be happy but your chimp is grumpy. If you are really sad talk to a friend or tell someone. Sometimes our chimp needs a little longer. Task: create a happiness list (Year 2) page 65 Saying sorry makes everyone feel better. Everybody does something wrong from time to time but we can say sorry. Saying sorry also makes you feel better. It is very wise to learn to learn when to say sorry. Try to say sorry as soon as you feel bad or realise that you have done something wrong. When you have said sorry, you can then try putting things right. Saying sorry helps everyone feel better and helps people to forgive you. Task: think of two reasons why saying sorry is the best thing to do and two reasons why your chimp won't say sorry (Years 3 & 4) page 74. <p>Plenary: Peer evaluate. Name two strategies to help us control our chimp?</p>	
3	<p><u>LI - To understand how to control our chimp</u> <u>Success criteria:</u> ALL must be able to explain four ways to control our chimp. MOST should be able to write examples of saying something nice to five people/draw a picture of something you wish to talk about. SOME could explain the importance of managing our chimp.</p>	<p>Circle time -</p> <p>Explain that this lesson is focusing on emotions. Pass the circle time object around the circle, asking the children to explain how they are feeling, why and how they could get themselves back into the green zone if they are not already there.</p> <p>Explain that there are ten habits that might help you to manage your chimp and they will help you to feel happier. We have already looked at smiling and saying sorry.</p> <ol style="list-style-type: none"> Being kind to someone makes them feel happy and makes you feel good. When we help others, our Chimps usually become very happy too. Ask the children for examples. Making pleasant comments about others can help them feel good: you look nice today. Letting them know you like them. Thanking them for something they have given you. Thanking them for helping you, sharing and being kind to your brother, sister or friend. Task: write a list of people you can help today, write examples of saying something nice to five people today (Year 2) page 81. 	



PSHE Medium Term Planning Sheet

2020/2021

		<p>4. Talking about your feelings. Your blue brain knows that talking about your feelings helps. Your Chimp doesn't like talking about feelings. Talking about your feelings helps you to understand them, especially if you are upset. First find someone you can talk to and who will listen. Sometimes your Chimp will get overexcited and silly (yellow zone) and will need to let out its excitement before it can listen. Sometimes it helps to talk about the same thing more than once.</p> <p>Task: Draw a picture of something that you want to talk about (Years 3 & 4) page 89.</p> <p>Plenary: Gallery walk. Name four strategies to help us control our chimp?</p>	
4	<p><u>LI - To understand how to control our chimp</u> <u>Success criteria:</u> ALL must be able to explain six ways to control our chimp. MOST should be able to write three sensible and silly things to ask for help/write why Chimp behaved as he did and what he should have said instead. SOME could explain the importance of managing our chimp.</p>	<p>Circle time - Explain that this lesson is focusing on emotions. Pass the circle time object around the circle, asking the children to explain how they are feeling, why and how they could get themselves back into the green zone if they are not already there. Explain that there are ten habits that might help you to manage your chimp and they will help you to feel happier. We have already looked at smiling, saying sorry, being kind and talking about your feelings.</p> <p>5. Asking for help. When we ask for help things get done more quickly. Our Chimp does not like asking for help. It is good to have a try, but we have to learn when to stop and ask for help. Most people are happy to help you. Sometimes we can be scared to ask for help but it is silly not to ask. Sometimes things are tricky and it is sensible to ask for help. Task: think of three silly things your Chimp might say to stop you asking for help and three sensible things you need help with (Year 2) page 95.</p> <p>6. Showing good manners. Your blue brain knows that being polite pleases people and makes you feel good too. Your Chimp can be rude. Having good manners is not just saying please and thank you. It also means holding doors open, thanking the bus driver, giving up your seat, letting people go before you, having respect for people. Sometimes your Chimp will be embarrassing and rude. Task: write why the chimp was rude and then write what he should have said page 107.</p> <p>Plenary: Self-evaluate. Name six strategies to help us control our chimp.</p>	
5	<p><u>LI - To understand how to control our chimp</u> <u>Success criteria:</u> ALL must be able to explain eight ways to control our chimp. MOST should be able to explain why we should try new things/draw pictures</p>	<p>Circle time - Explain that this lesson is focusing on emotions. Pass the circle time object around the circle, asking the children to explain how they are feeling, why and how they could get themselves back into the green zone if they are not already there. Explain that there are ten habits that might help you to manage your chimp and they will help you to feel happier. We have already looked at smiling, saying sorry, being kind, talking about your feelings, asking for help and showing good manners.</p>	



PSHE Medium Term Planning Sheet

2020/2021

	<p>showing how you should and should not behave. SOME could explain the importance of managing our chimp.</p>	<p>7. Trying new things like a new sport, musical instrument. Your Chimp does not like trying new things and wants to win at everything. You could learn to be responsible by looking after a pet. Your Chimp worries about not getting things right. Trying new things makes us more confident. When trying new things our Chimp often gives up early, if you try new things with friends it helps. Task: explain three things to your friend's Chimp to help them have a go at something new (Year 2) page 115-117.</p> <p>8. Accepting when 'no' really means 'no'. Your blue brain accepts 'no' but your Chimp finds 'no' difficult to deal with. Your chimp may think that if it complains enough it will get its own way. You have to explain to your Chimp that moaning, complaining or misbehaving is not going to help. When you are told 'no' finding something else to do can help or talking about it. Task: Draw a picture of how your Chimp behaves when it is told 'no' and misbehaves. Then draw a picture of how you would like your Chimp to behave when it gets told 'no'.</p> <p>Plenary: peer-evaluation. Name all eight strategies to help us control our Chimp.</p>	
<p>6</p>	<p><u>LI - To understand that the importance of our chimp</u> <u>Success criteria:</u> ALL must be able to explain ten ways of managing our Chimp. MOST should be able to write down examples of sharing/ understand the importance of doing tasks we don't enjoy like tidying our room. SOME could reflect on using your blue brain and controlling your Chimp with the ten strategies and the Zones of Regulation tools..</p>	<p>Circle time - Explain that this lesson is focusing on emotions. Pass the circle time object around the circle, asking the children to explain how they are feeling, why and how they could get themselves back into the green zone if they are not already there. Explain that there are ten habits that might help you to manage your chimp and they will help you to feel happier. We have already looked at smiling, saying sorry, being kind, talking about your feelings, asking for help and showing good manners, trying new things and accepting 'no'.</p> <p>9. Learning to share stops us from being selfish. Explain that the first thing to think about is somebody else and not themselves. Chimp likes to look after itself. Remember that not everyone will share with you. Task: write down as many things you can share (Year 2) page 137.</p> <p>10. Doing what you have to do whether you like it or not. You blue thinking brain understands that there are sometimes some things that you have to do whether you like it or not. Can you think of any things? For example tidying up, getting ready for school, going to bed etc. Your Chimp doesn't mind putting things off and will moan and avoid doing things, especially if it doesn't like them. It is best to make your Chimp get on with it and then you can both feel great when you have finished. The key here is to do things immediately and not let your Chimp have time to think. Task: role play. Write down what you will tell your Chimp when it tries to stop you doing what you need to do. (Years 3 & 4) page 147. Page 160 which three strategies will you use?</p>	



PSHE Medium Term Planning Sheet

2020/2021

		<p>Plenary: Gallery walk. Remember the ten steps to manage your Chimp. Remember if your Chimp misbehaves say sorry and put things right. Remember you always have a choice to think with your rational blue brain or your red Chimp brain.</p>	
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