ONE-PAGE TEMPLATE — DUPLICATE FOR EACH AGE GROUP

Session planner

One sheet per session. Fill in the header, then write your own words into each block. The timings on the left are a suggestion for a 35-minute session — shorten to 20 for ages 4–6.

GROUP / CLASS	AGE BAND	DATE
e.g. Year 2, blue group	4–6 · 7–9 · mixed	
CHAPTER	**FEELING IN FOCUS**	**ADULTS PRESENT**
title and number	from the feelings chart	

The session

10 min Check-in	How will each child name a feeling? (chart, hand signal, one word round)
15 min The chapter	Read aloud, play the narration, or read along. Where will you pause?
10 min Question + practice	The question you will ask, and the body practice you will do together.

ADAPT FOR THIS AGE GROUP	MATERIALS
Younger: shorter, gesture answers. Older: written answers, pair work.	Worksheet, feelings chart, crayons, speaker, cushions…
WATCH FOR	**AFTER THE SESSION — WHAT I WOULD CHANGE**
Who might find this feeling tender? What support is ready?	

TAKE HOME / NEXT SESSION

What the children carry out of the room, and where you will pick the thread up.

Free to copy and print for classrooms, counselling rooms and home groups.