

Lesson Name: Any Day Highlights

Unit Objective – Highlights:

Year Level Objective:

Lesson Objective:

Lesson Duration:

To teach skills to acknowledge daily highlights to build a positive focus

To bring **awareness** to the simple joys and highlights in our life and all around us

To become aware that highlights are all around us

15 minutes

Resources/Guides	Learning Experience
AUDIO: Possa Bill loves Nature RESOURCE: Possa Bill loves Nature (story) VISUAL: Possa Bill loves Nature Highlight clicker (for Teacher use only) Paper and coloured pencils (optional) Highlights are happy things you see and do and happy times you share with others. Highlights help you feel good. Highlights are a great way to focus on the positive at any time of the day.	Open lesson with the word Highlights. (can write word on board or easel). Explain that highlights are things we feel good and happy about. They can be big like seeing the ocean or going on holiday or tiny like noticing a ladybug. Explain that today we are talking about simple, any day highlights. These are highlights that are everywhere - all around us. Show students the highlight clicker and explain to them that you will be clicking the clicker every time you mention a highlight. Talk to students about the joy in Nature – (each time you say a highlight, click your clicker) a bird singing, a sunny day, a pond or lake, flowing stream, a mountain, sunset, sunrise, stars in the sky, a campfire, the beach, seeing a frog, listening to rain on roof, watching animals..... any simple thing that helps you feel good. <i>Share with students how many highlights you clicked/counted in your examples.</i> Read the short story ‘Possa Bill loves Nature’ or play audio and show the pictures (<i>can click the clicker or have one of the students click the clicker as highlights are shared</i>). Share with students how many highlights they counted in Possa Bill’s story. Ask students, what else is a joy or highlight in nature? Can click each time a highlight/simple joy is shared. E.g., leaves, sand, colours, sounds, smells (<i>e.g., beach, flowers</i>) tastes. <i>Share with class how many highlights you clicked/counted when discussion is completed.</i> Optional/Extension: Refer students to their workbooks and have them draw a picture of a simple highlight they have noticed today or yesterday. Encourage them to take their book home and finish their drawing and share their simple highlights with those at home. <i>Could take students outside to choose their favourite nature item and discuss Any Day highlights they can see in their environment.</i>

End of Lesson prompt (discretionary): ‘If you are having unhappy thoughts or feelings that are not going away, please come and see me’ (for referral to School Counsellor)