

Session plan	
Date: 12/7/11	Session no: 4
Theme: Moving	
Intended learning outcomes: Able to reduce fidgeting in a structured situation with verbal and visual prompts Able to sit appropriately (body in correct position) in a structured situation with verbal and visual prompts	
Review of previous week: Hal Story on picture cards	
Starter Activity Resources: None Time: 10 Mins HASTY HANDS How: go around the circle and ask each group member to move their hands very fast. Each person has to move their hands in a different way. E.g. wave, clap, flap, tap on legs, wriggle fingers, shake. Go round the circle two or three times until hands are beginning to tire. Now go around the circle again and talk about 'putting their hands to sleep' Who can keep their hands calm and still (asleep) demonstrate ways to keep our hands clam and still. Rest on knees, link fingers, clasp palms, fold arms etc. Sing Sitting Song : I put my feet flat flat flat' 'I push my bottom back, back, back' 'I put my hands flat, flat, flat' (on knees or seat) Say altogether 'we are sitting ready' (shout!) The whole group is then asked to join in the actions and chant. 'chant' the rhythm as they reposition themselves.	
Key Vocabulary : sitting good sitting fidgeting	
Core activity / activities <input type="checkbox"/> Resources: Resources: role play feedback pack <input checked="" type="checkbox"/> How: take turns to role play sitting correctly. The group leader role plays being the leader and the group member pretends to be a pupil in the teacher's class. The member must show all the correct good sitting behaviours. The other members will rate them.	
Relaxation & closure Time: 5 Mins COLOUR COLOUR 🎨 Resources <input type="checkbox"/> Cards of different colours <input type="checkbox"/> Box of assorted toys of various colours that correspond to the colours on the cards	