

Hector's World™ – Lesson Plan

Episode 4 – 'The Info Gang'

Years 0-2

OBJECTIVES:

1. Children understand that their emotions can be a powerful tool to help them assess unsafe situations.
2. Children can identify some of the physical sensations that alert us to unsafe situations.

SUGGESTED LESSON PROGRESSION:

Review the key teaching point from episodes 2 and 3: It is good to turn to people we trust for help when deciding about sharing information online. There are some people in our lives that we can trust, and others we can't. Tell the class that today they will begin to learn how to listen to their feelings to help them tell the difference between people they can and can't trust.

Explain to the class that our feelings can sometimes tell us when a situation is unsafe, or a person is not to be trusted. Our feelings can affect the way our body feels by sending it clues that we don't feel right about something. It's important to always listen to what these feelings are telling you.

View Hector's World™ Episode 4: 'The Info Gang' twice. Between viewings, review the story and ask the students to try to pay particular attention to what happens to Tama. In this episode, Tama senses that a situation is not safe and acts on that feeling; this is important role modelling for the class.

ACTIVITY:

Discuss with the class the different feelings that Tama experiences in the episode, and what caused each of those feelings. As each feeling is identified, ask the class to describe the different effects that that feeling can have on our bodies by standing and demonstrating how their bodies might act if they were feeling that way.

For example, one emotion that Tama experiences is fear. Your discussion with the class could focus on how being scared often makes our legs shake, our hands tremble, and our breath shorten. With the help of the class, write on the board a list of feeling words (such as happy, sad, angry, nervous, scared, confused, excited). Students would then stand and demonstrate how each of these feelings affects them.

Teacher's Hints

There is no 'right' or 'wrong' way in which our bodies are affected by our emotions. For example, there may be cultural differences in the ways in which emotions are expressed that will influence the actions that your students act out. Use your discretion when guiding children when acting out suggestions.

Review the lesson, emphasising the importance of always listening to what our feelings are telling us. Link this lesson to the previous two, emphasising this important point – 'When our feelings send us a message that something is wrong, it is a good idea to seek help from the people we trust. This could be while we are at school, out shopping, or even at home'.

Reiterate that if the first person they tell does not help, that it is good to keep on telling until someone helps.











