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.