

KEY STAGE 1 LEARNING ACTIVITIES

This year's Red Nose Day film for primary schools focuses on resilience, confidence and friendship. Use the film and the topic map activities as the focus for some inspirational cross-curricular learning with your pupils.

ENGLISH (SPOKEN LANGUAGE) - Teddy's story

- Watch the Red Nose Day film about Teddy
- Talk about Teddy's story
- Share examples of taking on new challenges

ENGLISH (WRITING) & PSHE - Resilience strategies

- Talk about how we deal with challenges and build resilience
- List things that help us face challenges

Red Nose Day

Key Stage 1 Topic Map

ENGLISH (WRITING) & PSHE - Jar of Courage

- Create a 'recipe for resilience' by building a Jar of Courage
- Write about things that help us push past boundaries
- Evaluate each other's work

PHYSICAL EDUCATION - Pose with a Nose

- Perform yoga poses inspired by the Red Nose animals
- Focus on moving, stretching and breathing
- Link the poses and create a dance

ART - Funny is power!

- Create a self-portrait with a focus on having fun
- Create a display to use as a working wall
- Use the display as a reminder of Red Nose Day fundraising

INSPIRATION FOR THE ACTIVITIES

This year's Red Nose Day film is about Teddy, a nine-year-old who loves having fun with his friends, baking, playing video games and trying new things. Teddy was born with cerebral palsy, which affects his movement and coordination. He also has epilepsy and is visually impaired, with partial sight in his right eye and astigmatism in both eyes.

Growing up, Teddy struggled with his confidence. He didn't have any friends who could fully understand how it felt to be him, and sometimes felt he was being judged by other children.

Last year, Teddy started going to music and drama sessions run by North East Sight Matters and funded by Comic Relief. Although he was nervous at first, Teddy found his voice and embraced the challenge, making friends and being himself.

The sessions helped him grow in confidence and build up his resilience, and the group has gone from strength to strength – even working together on a play to raise awareness about visual impairment.

Show our short film in your class and then use these cross-curricular activities to build pupils' understanding of how friendship and resilience feature in Teddy's story, and how their Red Nose Day fundraising can help support life-changing projects like North East Sight Matters.



OTHER LEARNING RESOURCES

Download all our resources for primary schools at comicrelief.com/primary

Film

The short film about Teddy and how North East Sight Matters has helped him.



Assembly

A PowerPoint for use in assemblies, which acts as an introduction to Red Nose Day 2022.



Primary poster

A starting point for discussion about Teddy's story.



Jar of Courage

A template for pupils to fill in to create their recipe for being courageous and resilient.



Pose with a Nose

A set of cards showing the yoga poses for this year's PE activity.



FURTHER INFORMATION OR SUPPORT

Please be aware when watching the Red Nose Day film and using these activities that some children in your class might have personal experience of disability and the issues raised by Teddy's story. If you would like further information or support, please visit comicrelief.com/support

ENGLISH (SPOKEN LANGUAGE)

Teddy's story

Watch the film about Teddy with your pupils, encouraging them to pay attention by explaining that you'll be having a discussion about it afterwards.

When the film has finished, open up a conversation about taking on new challenges.

Use the following questions to get the pupils talking about Teddy's story.

- What physical disabilities does Teddy have?
- How do these affect his day-to-day life?
- How did Teddy feel when he first started going to North East Sight Matters?
- How has North East Sight Matters helped Teddy?
- How has making new friends made a difference to Teddy?

Ask children to share examples of when they have taken on a new challenge, as Teddy did when he started going to North East Sight Matters. You could divide the class into small groups of two or three to do this, or keep everyone together to talk about their experiences.

After spending time talking about their experiences, ask pupils to think about what we can do to help ourselves when something is challenging and we need to be courageous. How can our friends and family help us?

This is about getting pupils responding, describing and sharing their opinions, so encourage them to listen carefully and speak clearly.



ENGLISH (WRITING) & PSHE

Resilience strategies

Everyone's different, and that means we all have different ways of dealing with tricky situations. Explain this to pupils, telling them how learning to deal with challenges calmly and positively can help us build resilience as we grow up.

Remind them of your discussion about things we can do to help ourselves face challenges. Give them a set amount of time to make a list. You could give a few examples of your own, to encourage them to open up and spark their imaginations.



Jar of Courage

If appropriate, ask pupils to create their own 'recipe for resilience' by building a Jar of Courage.

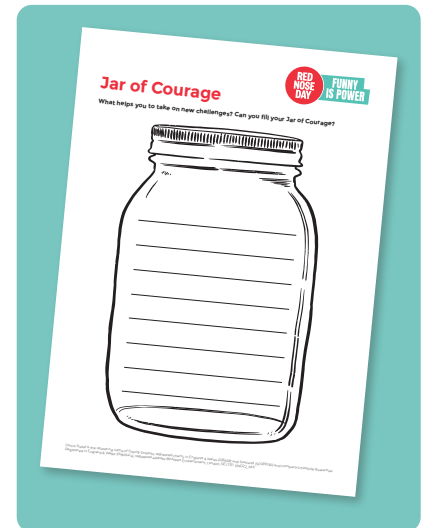
Download the worksheet on the following page and give one to each pupil.

Explain that sometimes, we all need a little reminder of how to be courageous. We can think of this like a recipe – a set of things that come together to help us succeed and push past our boundaries.

Teddy used the support of his family and a positive attitude when he needed to be courageous. What could they do?

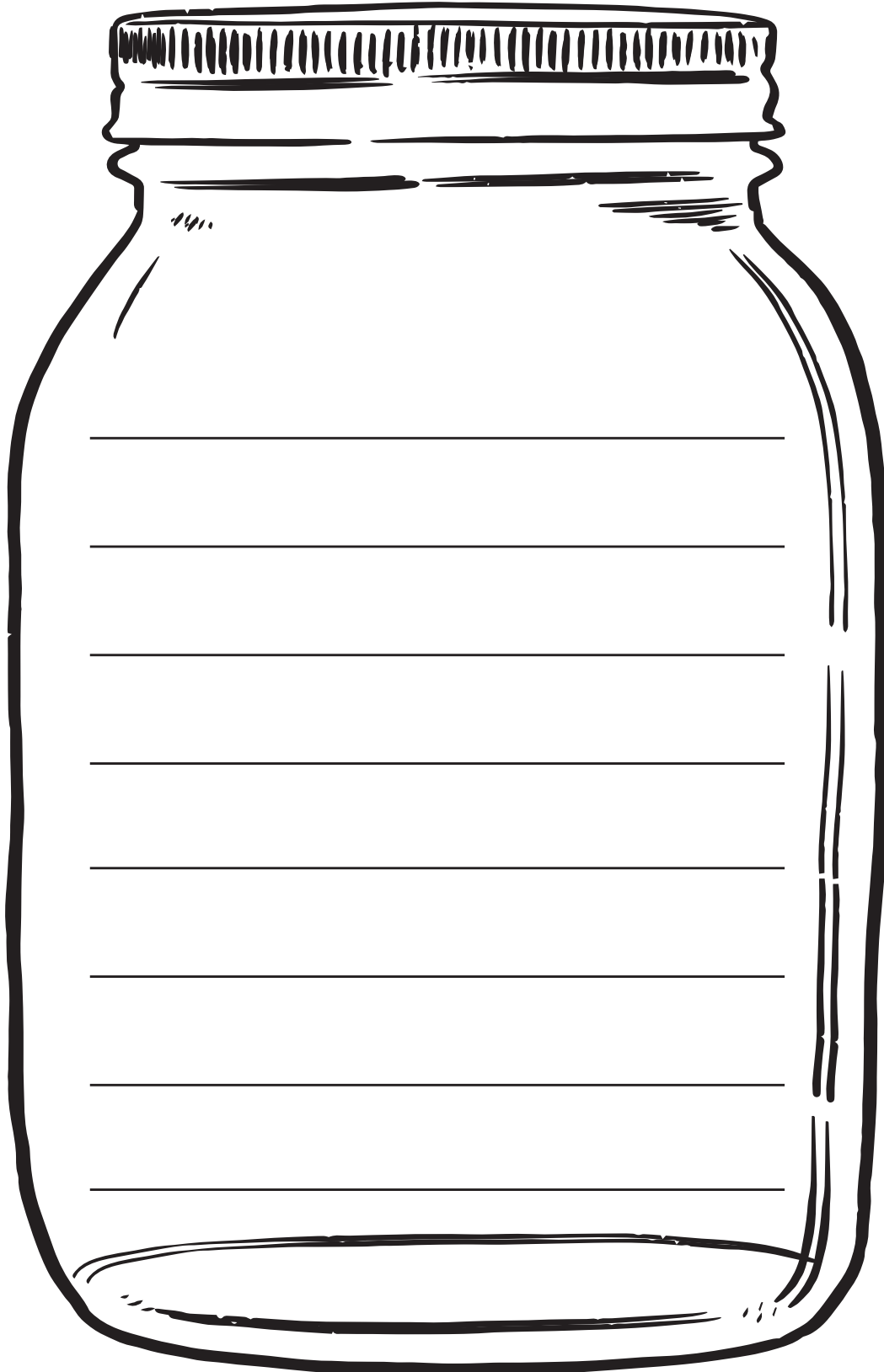
Encourage pupils to think carefully about the purpose of their writing. They could start by saying what they're going to write out loud, or writing down ideas, key words and new vocabulary as they go. Display suggestions for ideas to match this activity with your pupils' level and goals.

When their jars are filled, ask pupils to evaluate each other's work. They could work in small groups to reread and check their writing, or you could work as a class and look at some examples together.



Jar of Courage

What helps you to take on new challenges? Can you fill your Jar of Courage?



PHYSICAL EDUCATION

Pose with a Nose

As Teddy's story shows, trying something new can be good for us!

This activity focuses on moving, stretching and breathing. Explain to pupils that movement releases happy chemicals in our bodies that help keep us smiling.

Download the Yoga Pose cards on the following pages.

You could either print off copies to give to pupils or display them for the whole class to see.

If you have them, hand out Red Noses, then ask everyone to wear one and think carefully about breathing deeply. Tell them to use the Nose as a reminder to keep taking big breaths throughout this activity.

Move through the animal poses on the cards slowly – either as a group, or by asking pupils to complete them independently. They should hold each one steady, staying aware of how to make shapes with their body and how their muscles feel in each pose.

Why not...

Add to the task by asking children to link the poses together and create a dance? You could even play some upbeat music to encourage the flow.

GET YOUR RED NOSES NOW!

Order your Red Noses through our exclusive schools' deposit scheme at comicrelief.com/nosesforschools



ART

Funny is power!

Teddy loves to laugh and have fun – and that's what Red Nose Day is all about.

Reflect with pupils about the importance of laughter and positivity.

- How do they feel when they laugh?
- How can smiling or sharing a joke help us be resilient?

Ask pupils to create a self-portrait with a speech bubble showing how having fun helps them. It could be a painting of themselves laughing, a drawing of them playing with friends, or a time when having fun helped them face a challenge.

Use the pupils' artwork to create a display that you can use as a working wall, taking ideas from peers to keep the conversation going.

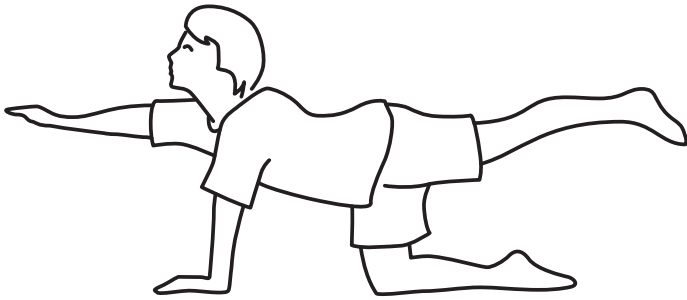
You could add a heading to the display to remind everyone about your Red Nose Day fundraising:

**THIS RED NOSE DAY,
WE'RE GOING TO SHOW
THAT FUNNY IS POWER!**

Dot the Cheetah



Dot

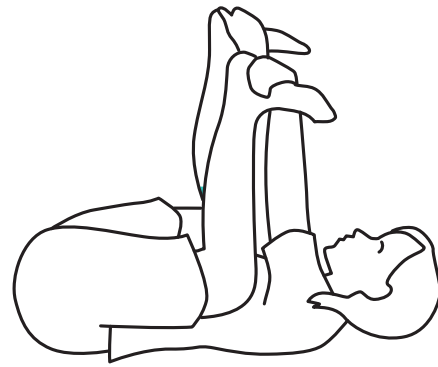


On your hands and knees, take a deep breath in and stretch out your left arm and right leg. Stretch out your back and imagine you're a cheetah, running faster than any other mammal in the world! Rest back down on your hands and knees. Then repeat, stretching out your right arm and left leg.

Dash the Sloth



Dash

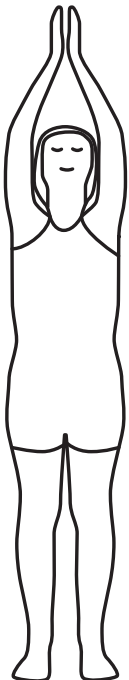


Lie on your back. Hug your knees into your chest and tuck in your chin. Grab the outside of each foot and lift your legs up to the ceiling. Pretend that you're a sloth, hanging upside down from a branch!

Sky the Giraffe



Sky



Stand up tall and straight and reach your arms high above your head, pressing your hands together. Bend to each side and then down to the ground, keeping your arms and legs straight. Walk around the room like a giraffe, keeping your arms and legs as straight as possible.

Chip the Hippo

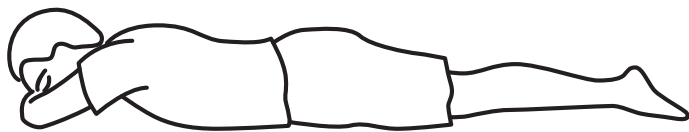


Chip



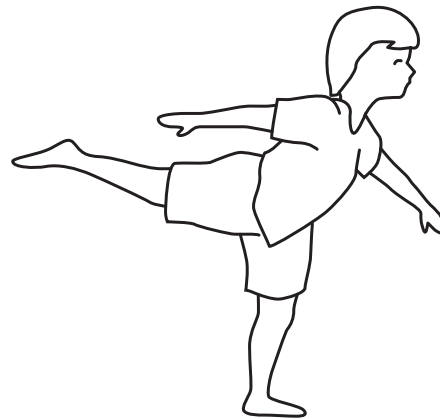
Kneel down and sit back on your heels. Slowly bring your forehead down to rest in front of your knees, stretching your arms back towards your feet. Breathe in and out slowly, pretending you're a hippo wallowing in the water.

Rocco the Alligator



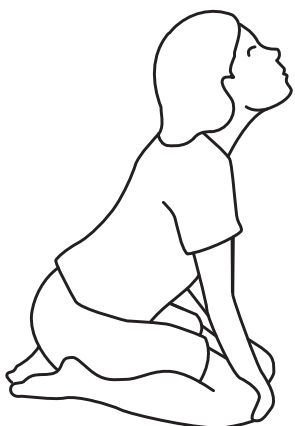
Lie down on your tummy and rest your head on your arms. Stretch out as far as you can, with your feet shoulder-width apart. Close your eyes and let your body relax, like an alligator floating down a river.

Flo the Flamingo



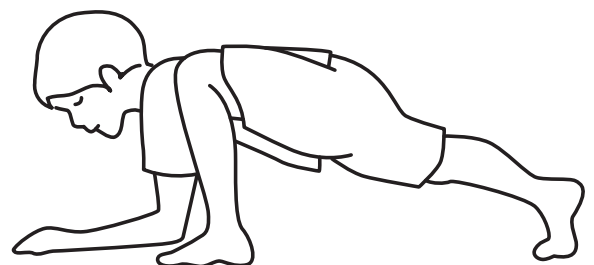
Stand with your feet together and stretch out your arms like wings. Keeping your balance, lean forward and stretch one leg out behind you. If you want to, flap your wings and honk like a flamingo! Try both legs – do you balance better on one than the other?

Lucky the Lion



Kneel down and sit back on your heels. Put your hands on your knees and spread out your fingers. Breathe in through your nose, then open your mouth, stretch out your tongue, open your eyes wide and breathe out through your mouth, roaring like a lion.

Cam the Chameleon



Lie down on your tummy, then lift yourself up on your elbows. Stretch your right leg forward and try to get your foot as close to your hand as possible. Hold the stretch for a moment, then relax and try again on the other side. Can you reach further forward on the left or on the right?

CURRICULUM LINKS



Teddy's story

English – spoken language

- Listen and respond appropriately to adults and their peers
- Ask relevant questions to extend their understanding and knowledge
- Give well-structured descriptions, explanations and narratives for different purposes, including for expressing feelings
- Maintain attention and participate actively in collaborative conversations, staying on topic and initiating and responding to comments
- Participate in discussions, presentations, performances, role play, improvisations and debates

Resilience strategies

English – writing (composition)

Develop positive attitudes towards and stamina for writing by:

- Writing for different purposes

Consider what they are going to write before beginning by:

- Planning or saying out loud what they are going to write about
- Writing down ideas and/or key words, including new vocabulary

Make simple additions, revisions and corrections to their own writing by:

- Evaluating their writing with the teacher and other pupils
- Re-reading to check that their writing makes sense and that verbs to indicate time are used correctly and consistently, including verbs in the continuous form
- Proof-reading to check for errors in spelling, grammar and punctuation for example, ends of sentences punctuated correctly

Pose with a Nose

Physical Education

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Perform dances using simple movement patterns

Funny is power!

Art

- Use a range of materials creatively to design and make products
- Use drawing, painting and sculpture to develop and share their ideas, experiences and imagination
- Develop a wide range of art and design techniques in using colour, pattern, texture, line, shape, form and space

