



Creative Wellbeing School Programme School Workshops – Session plans

SESSION 1:

Year Group: Year 2 - Year 3

Length of session: 90 minutes

Main objectives:

- Watch the storytelling performance and discuss as a group.
- Explore the different characters and emotions through movement and play.
- Design new characters.
- Use illustration techniques to explore different emotional states and feelings.

Cross curricular subject areas: Art, Design, Literacy, PSHE, PE

Materials provided by the school: Screen (for projection of digital performance), A4 white paper, pencils, flipchart and flipchart paper, board pens.

Materials provided by Discover: A4 coloured paper, black felt tip pens, activity sheets.

Workshop plan:

5 minutes	Introduction
20 minutes	Screening of the storytelling performance 'The Map of Me'
5 minutes	Guided discussion
10 minutes	Physical exploration of the characters: movement/voice/play. Exploring different emotional states.
15 minutes	Drawing activity: How to draw a character's feeling. Draw emotions using simple shapes and lines.
15 minutes	BREAK
15 minutes	Drawing activity: Pupils draw their own creature or animal, inspired by characters in the story. Pupils name their character, imagine where the character lives and how they are feeling. (Activity sheet).
10 minutes	Pupils are invited to share their creation with the rest of the class. The entire class reflect on how many characters and emotions they have represented as a group.
10 minutes	Activity in pairs: pupils tell the person next to them about the character they have created and the emotions they have explored.

SESSION 2:

Year Group: Year 2 - Year 3

Length of session: 90 minutes

Main objectives:

- Learn to use 3D plasticine.
- Explore emotions through textures and patterns.
- Learn to use air-dried clay.
- Turn drawings of characters from previous session into clay creatures.

Cross curricular subject areas: Art, Design, Literacy

Materials provided by the school: Screen, A4 white paper, pencils, newspaper for protection of desk, small pots of water.

Materials provided by Discover: Plasticine, air dried clay, activity sheets.

Workshop plan:

5 minutes	Introduction – Warm up Game.
15 minutes	Revisit the story and the characters created by pupils.
10 minutes	Physical exploration: How does your character move, how do they sound, how do they sleep, etc.?
15 minutes	Plasticine: Making textured marks in 3D plasticine. Explore how different emotions can be linked to different textures.
15 minutes	BREAK
15 minutes	Pupils make their character in air dried clay.
10 minutes	Story Build: Pupils imagine a short story for their character, explaining why they are feeling certain emotions (Activity Sheet).
5 minutes	Round up and talk about the showcase instalation at Discover.

SESSION 3:

Year Group: Year 4 – Year 5

Length of session: 2 hours

Main objectives:

- Watch the storytelling performance and discuss as a group
- Explore the different characters and emotions through movement and play.
- Learn about the illustrator’s role and about working to a brief.
- Illustrate character contours and explore emotions through maps and patterns.
- Illustrate characters inspired by Year 2 and Year 3 creations.

Cross curricular subject areas: Art, Design, Literacy, Geography

Materials provided by the school: Screen, A4 white paper, pencils.

Materials provided by Discover: Handouts of year 2 and 3 air dried clay animals, A4 coloured paper, black felt tip pens.

Workshop plan:

5 minutes	Introduction
20 minutes	Screening of the storytelling performance ‘The Map of Me’
10 minutes	Guided discussion
10 minutes	Physical exploration, exploring different emotional states through movement/ voice/play.
15 minutes	Meet illustrator Merlin Evans as she introduces pupils to her work as an illustrator and what it means to work with a brief.
15 minutes	Drawing activity: pupils draw an outline of the air-dry clay character Year 2 and 3 have created. The outline gets filled with patterns representing different emotions, pupils create the character’s map of emotions.
15 minutes	BREAK
15 minutes	Drawing activity: pupils add details and draw their own character, inspired by the clay creations.
5 minutes	In pairs: pupils introduce their character to the person next to them.
10 minutes	Pupils are invited to show their creation and tell the class about the character they have created.

SESSION 4:

Year Group: Year 4 – Year 5

Length of session: 2 hours

Main objectives:

- Class Story Build: pupils create an original story as a class.
- Individual Story Build: pupils imagine a story for their own character.
- Creative writing: character diary entry.

Cross curricular subject areas: Art, Design, Literacy.

Materials provided by the school: Paper, pens.

Materials provided by Discover: Activity sheets.

Workshop plan:

5 minutes	Warm up
25 minutes	Class Story Build: pupils create an original story as a class, exploring emotions and following the structure: <ul style="list-style-type: none"> • Imagine a setting • Imagine a character • Imagine a problem • Imagine a resolution • Imagine an ending
15 minutes	Working in pairs, children explore how their characters might interact with one another - what are they feeling? What might they say?
15 minutes	BREAK
30 minutes	Creative writing: pupils build their own character's story using the story build method independently (Activity Sheet).
15 minutes	Creative writing: character diary entry (Activity Sheet).
15 minutes	Pupils are invited to share their story and their writing with the class.

SESSION 5:

Year Group: Year 4 – Year 5

Length of session: 2 hours

Main objectives:

- Pupils act as curators for the showcase installation at Discover.
- Make and articulate shadow puppets.

Cross curricular subject areas: Art, Design, Literacy, Science

Materials provided by school: Scissors (left and right-handed as needed), A4 white paper, pencils.

Materials provided by Discover: Black A4 card, split pins, whole punch, wooden dowel rods.

Workshop plan:

5 minutes	Warm up
10 minutes	Class discussion: curating the installation at Discover.
20 minutes	Drawing activity: shadow puppet design.
20 minutes	Making shadow puppets: pupils draw design of puppets on black card and cut them out.
15 minutes	BREAK
10 minutes	Game
15 minutes	Articulating the puppets - adding hole punches and split pins.
15 minutes	Play with the puppets in groups or pairs.
10 minutes	Wrap up and discuss plans for the installation at Discover.