



LESSON ONE

COACHES GUIDELINES

KIA ORA, HI THERE! WELCOME TO YOUR FIRST LESSON



We've got a lot of ground to cover in our programme, but the first lesson is about getting the kids engaged, and having some fun with the content. This will require you to do a little bit of preparation, but the pay off is that your child is more likely to continue with the programme if it is fun. The basis of

the lesson is talking about our brain, our thoughts, and in particular our self talk.

We also introduce the first tool in the iCoach4kids programme, which is Thankfulness. Thankfulness is like a superhero, that saves the day, in stressful or sad situations. So I encourage you to have a go at the Thankfulness activities this week, and research it more for yourself, and find other ways you can include this great practice into your family routine.

In this lesson you'll meet all the iCoach4kids characters, but Sally the Scientist will be doing most

of the talking. Sally will be doing an activity called Bite the Brain, and you have the opportunity to do this with your child also. Sally will also be doing an activity which shows the power of our self talk on our feelings, and how our self talk can build us up, or pull us down. Instructions for both of these activities are below.

Well I think that's enough for now. Before you start the lesson have a squiz through and familiarise yourself with the basic outline of the lesson, and make a note of particular points that you want to highlight with your child.

I'm hoping that you and your child will have a great time learning and laughing together today, and maybe even raise some important issues that need addressing, in a non threatening way

Sally



To prepare for Sally's "Bite the Brain"

- 1 Put a floret of broccoli, a tablespoon of spaghetti, a tablespoon of cold porridge, and a chunk of butter on a plate, and cover with a tea towel so that your child cannot see it.
- 2 When it comes to the Science Segment, have your child do the activity before you watch the video.
- 3 Blindfold your child, and remove the cover off the food, and have them touch and taste each one, asking them to guess which one they think would feel most like a human brain.
- 4 Then watch the video with Sally and her volunteer doing the same activity, and see if they come up with the same answer.

Self Talk - Build Up or Pull Down

- 1 Have your child make their arm strong, hold it out to one side, and then try to resist as you push it down.
- 2 Then let them rest their arm, and you ask them to repeat the phrase "I'm strong, I'm confident, I've got this" a few times over. Then have them put their arm up again and try to resist as you try to push it down. Notice how the arm is much stronger.
- 3 Then give the arm a rest and ask them to repeat the phrase "I'm tired, I'm weak, I can't do this" a few times over. Then have them lift their arm again trying to resist you while repeating this phrase over in their mind, and you will notice that it is very easy to push their arm down this time!

"Gratitude builds up a sort of psychological immune system that can cushion us when we fall. Grateful people are more resilient to stress, whether minor everyday hassles or major personal upheavals."
Dr Robert Emmons, World's leading scientific expert on gratitude.

...LET'S GET INTO IT!