



**Thank you for requesting this free Open Ears sample lesson from our ages 8-12 category**

We have created the Open Ears Programme to help teachers support their students with emotional well-being.

**Support for Teachers and Schools**

As a result of the pandemic, teachers, students and parents have been some of those facing the most serious changes in routine, with everyone scrambling to plan new lessons, organise distance learning, change family routines and find adequate space at home to learn and play.

The Open Ears Programme provides ready-made PSHE lesson plans, worksheets, assemblies, and circle times, which enable children to learn how to acknowledge their emotions, what to do with them, as well as how to listen and to help others.

The pack also includes stickers, posters, and certificates. The programme is available in three different age categories: 4-7, 8-12, and 13+.

*"so comprehensive...  
new pshe curriculum sorted"*

The Open Ears Programme uses some of the tools from our ACEs-informed training course, Helping Children with Loss, which is for anyone who works or lives with children.

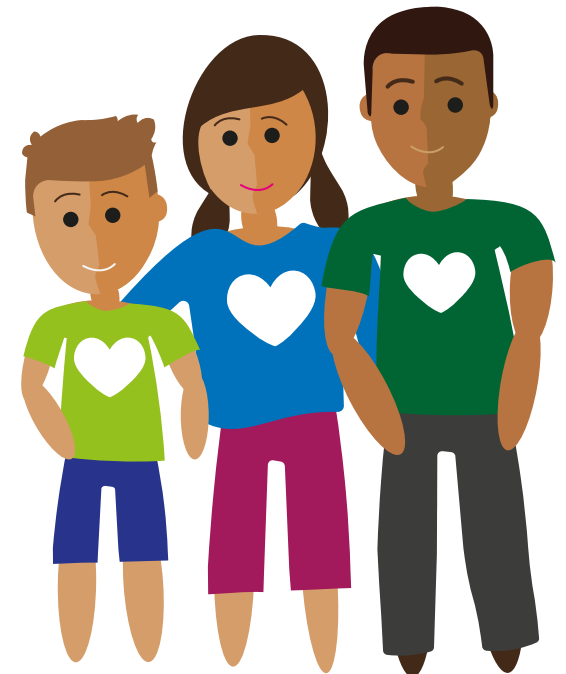
**Additional Resources & How to Find Out More**

The Grief UK website provides other resources for helping children with loss, including free digital downloads, webinars, articles and training courses.


All accessible from:

[www.griefuk.org/schools](http://www.griefuk.org/schools)

Or call us on **01234 862218**



# Community Activity 1: Class Crest

Area of Learning:		Open Ears - Value: Community		Grouping			
Learning Objectives/		<ul style="list-style-type: none"><li>• Importance of inclusion</li><li>• Creating a sense of belonging</li><li>• Working together</li></ul>		Duration			Key Vocabulary
				Year group			
Introduction		Remind the children of the <b>Community Assembly</b> and how one word, <b>‘Kindness’</b> was used to display around the town of Todmorden as part of a community initiative. In this activity, they will be thinking of words and images to bring together their class community to create cohesion and a community that has shared values					
Activities and Experiences		<ul style="list-style-type: none"><li>• Start by explaining that a motto is a short sentence or phrase that expresses a belief or purpose, for example, Creating the Future; Persevere; Aspire, Learn, Achieve; Learning to Create a Better World (and your school motto, if you have one)</li><li>• Ask the children how they would like others to perceive their class</li><li>• Brainstorm the words and sentences that describe the class and write them on a whiteboard or flip chart</li><li>• Now talk about the colours they think should make up their class crest</li><li>• Ask the children if there are any images that come to mind</li><li>• Provide each child with the Community Activity 1 Worksheet</li><li>• Ask the children to each create their own class crest and motto</li><li>• The worksheets can be displayed on a wall</li></ul>					Resources  <b>Open Ears</b> Passport <b>Open Ears</b> Community stickers <b>Open Ears</b> Community Activity 1 Worksheet (1 per Child) Whiteboard/flip chart and pens Colouring pens/pencils Examples of crests
Conclusion/ Plenary		After they’ve completed the activity, ask them about what they’ve done using feeling words to encourage them, such as: “How did you feel the activity went? Did you all work together?” “How do you feel you could have done the activity differently?” “What else do you feel you could have done to support one another?” “ Why do you think it is important to have shared values?”  Hand out passports and stickers, ask the children to put a sticker on Community Activity 1 in the passport.				Next Steps  Community Activity 2: <b>Community Detectives</b>	

PRESENT - EMPATHY - **COMMUNITY** - ENCOURAGE - SELF-AWARE - RESPONSIBLE

# Community Activity 1: Class Crest

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## Overview of Value: Community

Being part of a community, both big and small, provides us with a group of people who can help and support one another in both happy and sad times. In times of pain, sadness, and loss our communities can support us so that we don't have to **grieve alone**. We can turn to our community for support and be supportive to others by being a **'heart with ears.'**

## The key skills that the children will learn from the 'Be Present' activities and circle time are:

- Understanding of diversity
- Knowledge and understanding about others
- Importance of inclusion
- Supporting and listening to others
- Creating a sense of belonging
- Working together
- Establishing roles and responsibilities

## Where this activity fits into the programme

This activity allows children to gain a sense of belonging in the classroom community. They will think about what unites them and how to communicate that to others.

## Why this activity?

This activity provides an opportunity for children to listen to each other's ideas, then create their own. They will be able to support each other and gain a knowledge and understanding about other people's perceptions of their community.



## Why "Open Ears"?

Open Ears is an acronym we use to describe how to have a conversation with someone who is grieving:

**O**pen with how you're feeling  
**P**atiently wait for their response  
**E**stablish a tone of trust and safety  
**N**ote that grief is emotional, not intellectual

**E**ach reaction is normal and natural  
**A**void phrases that discourage painful feelings  
**R**emember, listen with your heart, not your head  
**S**ummarise by acknowledging their feelings

## The Passport

There are six activities for every value – each activity completed earns a sticker for their passport. Once the six activities have been completed, there is a concluding circle time about the value when children will be given a sticker to wear home.

For more information on the Open Ears project and other programmes and resources available go to:

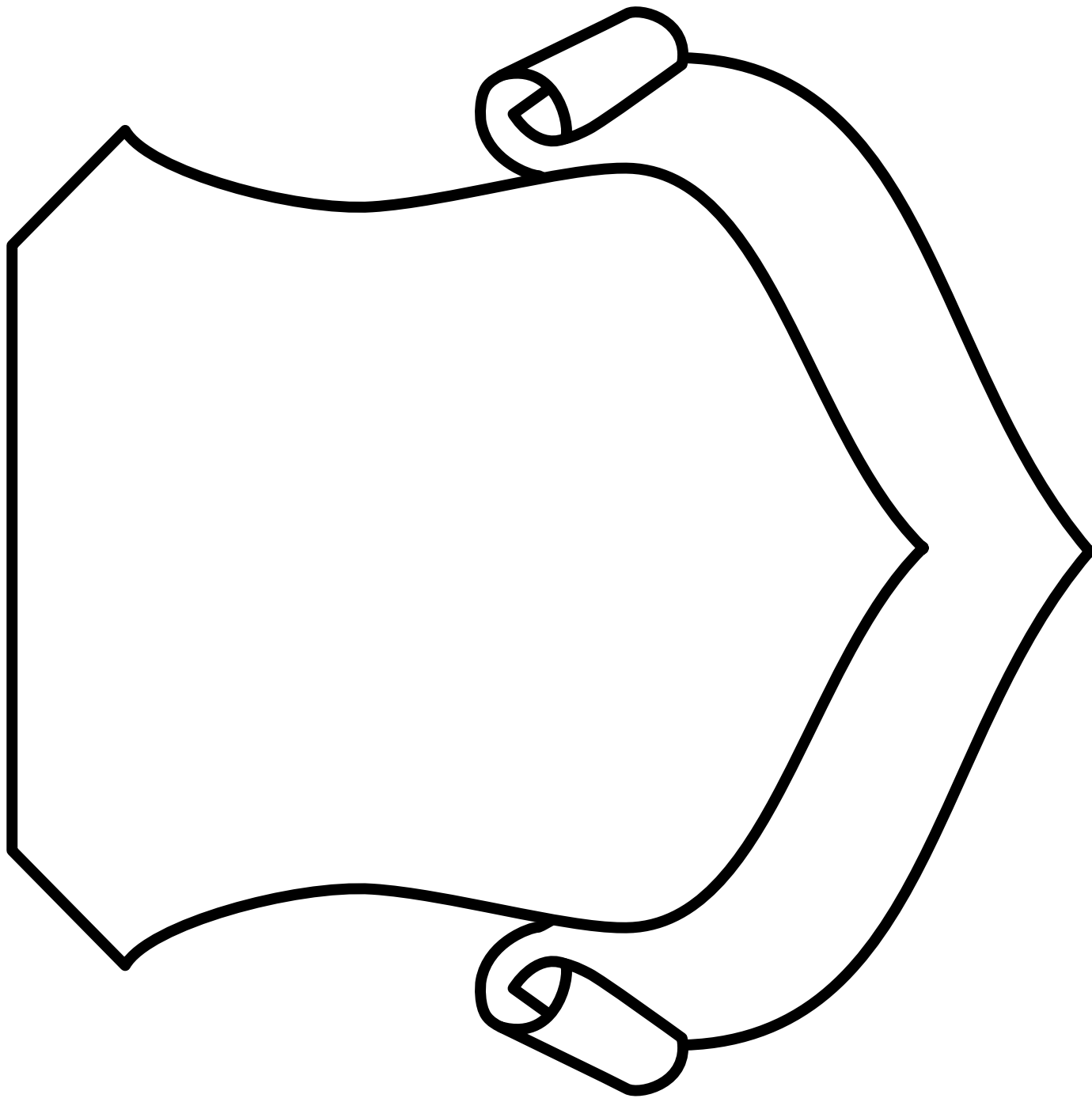
**[www.griefuk.org/schools](http://www.griefuk.org/schools)**

# Community Activity 1: Class Crest

NAME \_\_\_\_\_

**opens**  
**ears**

Design your class crest and motto.





**The Open Ears Programme has been designed to help children learn how to listen to their emotions, what to do with them, and how to listen and help others. Children will also gain plenty of other skills too, such as self-awareness, taking responsibility, being a good friend, and learning how to listen.**

The Open Ears Programme is a user-friendly year-long PSHE curriculum to develop life-long skills to cope with bereavement, grief and loss, incorporating feelings and emotional wellbeing, developing healthy relationships, and resilience into learning.

All the hard work has been done for you in our ready-made Open Ears Programme, which meets many of the objectives found in the new PSHE Curriculum guidelines (September 2020), and includes worksheets, lesson plans, assemblies, circle times, stickers and a passport for the children to fill in.

#### **Included in the Open Ears Programme:**

**36 x lesson plans**  
**23 x worksheets**  
**6 x assemblies**  
**6 x circle times**  
**24 x posters**  
**1110 x stickers**  
**30 x passports**  
**30 x certificates**

The Open Ears Programme uses some of the tools from our ACEs-informed training course, Helping Children with Loss.

**Now available for same day dispatch**

**Usually priced at £299.00 - includes FREE UK shipping\***

**Order yours today.**

**[www.griefuk.org/openears](http://www.griefuk.org/openears)**



\*Price includes VAT & UK mainland shipping. As dispatch starts in August, please use a shipping address where someone will be available to receive it.