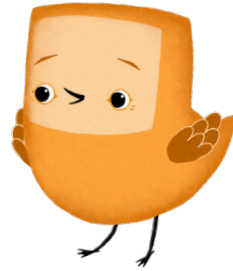


LESSON PLAN 1 **COME OUT, PIKKULI!**



EMOTION THEME: COURAGE, FEAR, ENCOURAGE

Activity: Drama, handicrafts

Goal: Get to know Pikkuli and encourage them to come out

Skills that develop: Handicraft skills, fine motor skills, expressing with one's body: where the emotion is felt in the body? Emotion processing and identifying skills, empathy, self-expression, creativity, drama skills

Equipment

- Pikkuli plush toy, nest, carpet etc.
- Tablet
- Plastic egg (plush toy can fit in)
- Emotion cards (FEAR)
- Emotion scale
- Cardboard paper for making the tree
- Music for the beginning and end of the lesson

Vocabulary for toddlers: Encourage, brave, fear, to have courage

Vocabulary for older kids: Cheer or encourage someone/ to be brave. How does it feel when someone is encouraging you? Fear of something new. To be scared. Have you ever been afraid of something new? Overcoming your fear. Learn at your own pace.

Some things to consider: This Pikkuli episode "Come Out" is the first one of the whole series. Therefore, the goal of this lesson is to get to know the characters of the Pikkuli. In this lesson, it's essential to create a connection between children and Pikkuli.

Getting to know the story: Watching the episode "Come Out Pikkuli".

Supporting questions:

- Why doesn't Pikkuli want to come out from the egg?
- Have you ever felt that learning a new skill is hard?
- Have you ever let go of learning something new?
- What would you like to learn next? Is there a skill that you already can do very well?
- What do you think Pikkuli felt when the whole family was cheering them on?

Pikkuli is hatching!

The emotion card FEAR and an egg (Pikkuli is inside) is presented to the children. Following, the educator encourages the discussion about what makes Pikkuli afraid inside the egg? Why doesn't Pikkuli want to come out? How can we encourage Pikkuli? Have you ever been afraid? How would you like to be encouraged to learn new skills?

Cheering circle:

Everyone is sitting in a circle. One child stands up and runs one lap outside the circle. Others are calling the child's name."Anna, Anna, Anna!" When all the children have made their round it is Pikkuli's turn. Will Pikkuli come out?

Hatching – home tree:

Finally, Pikkuli has hatched. The teacher is holding a picture of Pikkuli's blue home tree. Pikkuli wishes by showing its home tree that children would make one on the wall so that Pikkuli may live there. Children are encouraged to create Pikkuli's home tree by painting one with brown paint and/or cutting a tree from brown paper. Imagination is the limit. The choice is yours.

Final game:

Children come back to the nest. First starting to stomp our feet and say "Yey/Yes!. Then everyone puts their hands together and says "You did it!"

