



TOGETHERNESS: Scenarios for Ages 7–10

"Comforting Thoughts" based on the book *Be Brave, Pinku* by U. Młodnicka and A. Waligóra, by the Universal Reading Foundation

Age Group: 7–10

Duration: 2 x 45 minutes

Forms of Work: individual, group

Main Objective:

- building students' emotional resilience through children's literature
- strengthening self-esteem and awareness of personal needs

Specific Objectives:

- developing social skills
- strengthening peer relationships
- showing ways to cope with fears and weaknesses
- building individual identity and a sense of belonging to a group

Teaching Methods:

- problem-solving
- guided instruction
- activating methods
- task-based learning

Materials:

- 5 flashcards with peer-related questions (or illustrated scenarios – can be modified)
- sensory feathers, relaxing music for children
- triangular card: "You are special"
- 2 A3 sheets with titles: "Unhelpful Thoughts / Comforting Thoughts"
- optional: a copy of *Be Brave, Pinku* by U. Młodnicka and A. Waligóra

LESSON PLAN:

1. INTRODUCTION

Students sit in a circle on the carpet.

The teacher leads a discussion about different emotions.

Introduce the concept of COURAGE and encourage students to notice different emotions that appear during important situations.

2. MOUTH AND TONGUE WARM-UP – “BLOW AWAY STRESS”

Using sensory feathers, each student recalls a situation that caused strong emotions.

They use the feather to “blow away” stress and fear from their hand.

Repeat 3 times.

Additional activity:

Create a funny “anti-stress spell” using sounds (e.g. sh, cha, dja).

The teacher can write the sounds on the board and combine them into a group reading activity.

3. UNHELPFUL THOUGHTS (sadness, fear, difficult moments)

The teacher introduces the idea of “unhelpful thoughts” – thoughts that appear unexpectedly and disturb us at school or at home.

Refer to the book or other characters. For example: Pinku felt worried and sad.

Important message:

When these thoughts appear, we are not alone – we can talk to a friend.

The teacher creates a mind map with students.

Conclusion:

To regain control, talk to a friend or someone you trust.

4. COMFORTING THOUGHTS (calm, balance, control, pause, breathing)

Students continue working at their desks.

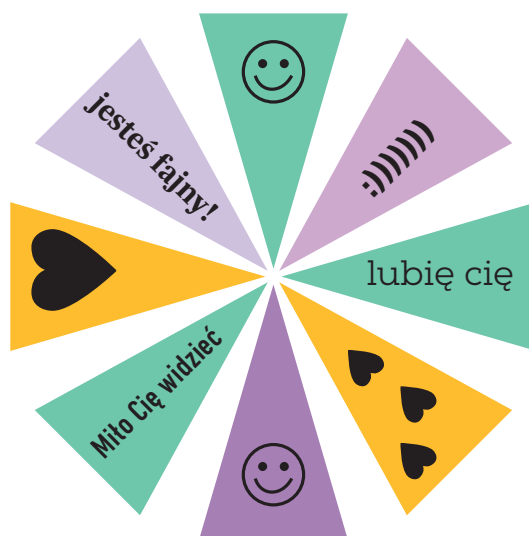
The teacher encourages them to think of ways to turn unhelpful thoughts into comforting ones— words that can support a friend and chase away negative thoughts.

5. FRIENDS MIX – “FRIENDSHIP PIZZA”

Students receive colorful triangular A4 sheets.

Together, they create a “friendship pizza” using drawings, kind words, and gestures.

Key idea: Kind words have power.





6. Movement Game – “RECIPE FOR COURAGE”

Students stand in a circle.

The teacher whispers a role to each student: either “Comforting Thought” or “Unhelpful Thought.”

Students walk around and ask each other:

“Are you a Comforting Thought or an Unhelpful Thought?”

They answer using gestures only:

hug = comforting thought

sad face = unhelpful thought

This game is very engaging and emotional.

7. “I WANT A FRIEND” – Art Activity

Students create artwork about friendship.

They include a symbol or word that could help their “dream friend” when unhelpful thoughts appear.

Important:

Each student presents their work to the class.

The teacher highlights even small positive elements.

Applause and praise help build confidence and self-worth.

8. Recording Activity

Use technology to reinforce the message of the book.

Students record a short video reading chapter titles or key phrases aloud.

They can work individually or in pairs.

This becomes a meaningful memory and helps them remember the message.

9. “PEACE TABLE” – FLASHCARD ACTIVITY

Students work in pairs.

They answer short questions or discuss conflict situations from flashcards.

Their task:

Find one solution that works for everyone.

10. CLOSING

Summarize the lesson and thank students for their participation and effort.

This step is very important—it builds confidence and a sense of achievement.