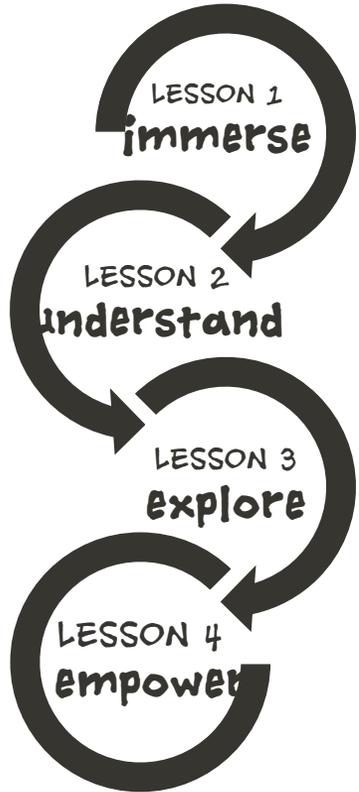




HAPPINESS

EXPLORING OURSELVES

How are ThoughtBox lessons structured?



Each topic contains four PowerPoint lesson plans (60 minute lessons) to explore the topic in depth, allowing pupils to:

1. **Immerse** into the topic (lesson 1)
2. **Understand** why the topic is important (lesson 2)
3. **Explore perspectives** and opinions on the issue (lesson 3)
4. **Feel empowered** taking positive actions moving forward (lesson 4)

Lessons are broken down into smaller sections to allow flexible use across school timetables and lesson timings.

THIS IS AN IMMERSE LESSON FROM THE TOPIC 'HAPPINESS' FOR KS1

In this lesson you will need:

- Internet access
- Projector and screen
- Speakers
- ThoughtBox scrap-book (or paper)
- Pencils and pens
- This topic's [ThoughtBox Story](#)
(Available to download and print by clicking above. The story is also printed on the first section of slides within this lesson plan)



Here's a list of
the resources
you will need
for this
lesson.



LESSON 1
**WHAT IS
HAPPINESS?**

TOPIC: HAPPINESS

In this lesson, you will:



THINK

Think about and discuss how different emotions make us feel and why



FEEL

Understand how we feel when we are happy or sad and where it shows up in our bodies



CONNECT

Explore how body language can help us to learn about how other people are feeling

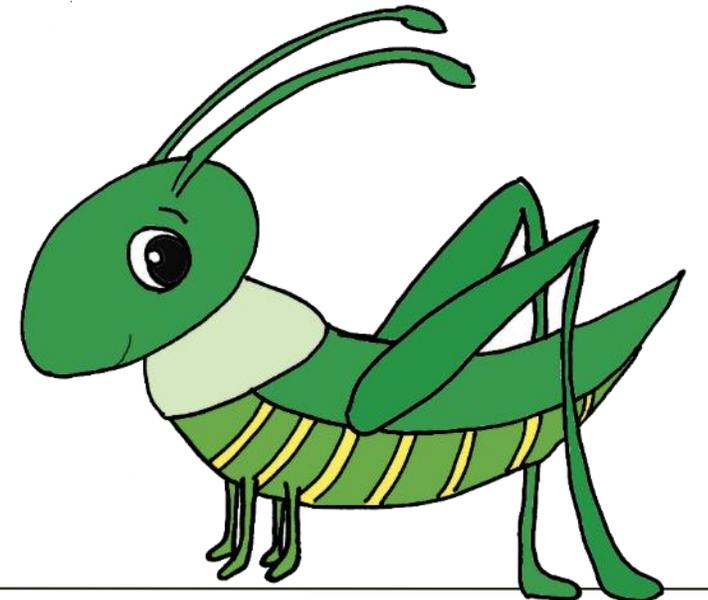


**GRASSHOPPER'S
LOST HOP**

20 MINUTES+

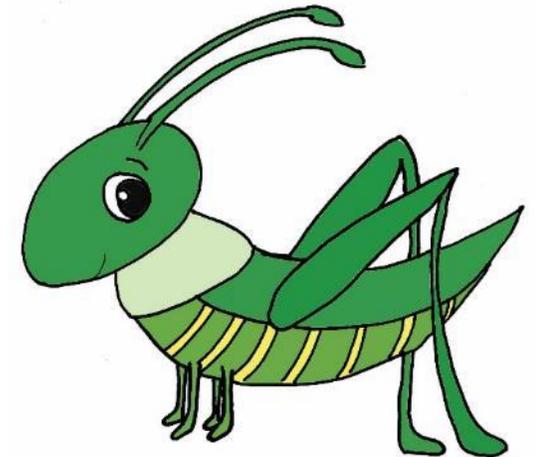
Today we're going to read a story called **Grasshopper's Lost Hop** and then do some activities together after reading the story.

Make sure you listen carefully and think about what some of the messages of the story might be...



Grasshopper's Lost Hop

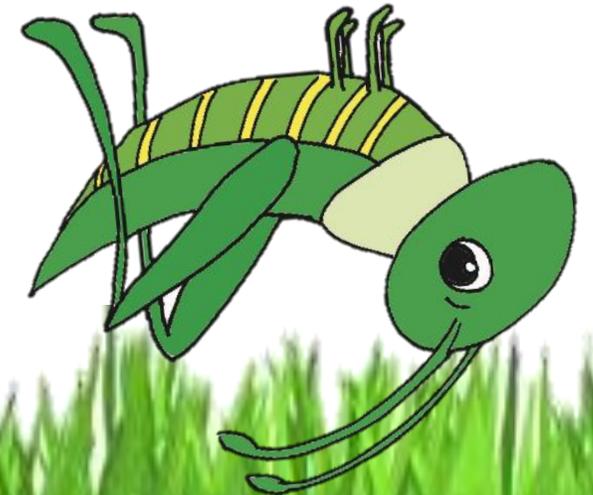
A THOUGHTBOX STORY



One morning, Grasshopper woke up feeling rather strange – something just didn't feel right. The sun was still shining, the birds were still singing and everything seemed to be in the same place it was when she went to sleep. And yet she was feeling really rather peculiar.

She tried to hop out of her bed like she did every morning, but instead of doing a triple-boing somersault onto the carpet (which was her favourite thing to do when she woke up) she instead tumbled out of bed and landed with a crash-bang-wallop onto the floor!

Confused and a little bit dazed, Grasshopper tried to bounce back up, but soon realised to her dismay that she couldn't...she had lost her hop!



At that moment, she heard a knock-knock-knocking on the door – it was her friend Seagull who was coming round for pancakes. Grasshopper wriggled her way over to the door and turned the key to let Seagull in.

“Morning Grasshopper,” said Seagull cheerily, “isn’t it a wonderful morning!”

“Not for me,” said Grasshopper rather glumly. Seagull noticed that his friend was not her usual hoppy self and had a rather sad look on her face.

“What’s the matter?” Seagull asked?

“I have lost my hop!” exclaimed Grasshopper, with tears in her eyes.



“When I went to bed last night, I was feeling bouncy and happy and everything was fine. Then, when I woke up this morning, my tummy felt sort of funny, my legs felt rather wobbly and I have a very strange feeling in my eyes that makes me want to cry. I just don’t know what’s the matter.”

“Oh dear,” said Seagull, giving Grasshopper a big hug, “it sounds like you’ve got the glumps!”

“The glumps?” said Grasshopper anxiously, “what on earth are the glumps?”

“Hmm, they’re quite hard to describe really,” said Seagull, sitting himself down on the sofa whilst Grasshopper crawled up into her favourite rocking chair.



“The glumps are just a feeling that you get when you’re not feeling very hoppy. Sometimes the glumps make you feel a little bit sad, sometimes a little bit grumpy or lonely and sometimes they might make you want to cry. Sometimes you can get the glumps and not even know why!”

“Have *you* had the glumps before, Seagull?” asked Grasshopper curiously.

“Oh yes,” said Seagull reassuringly, “all of us get the glumps at some point. Sometimes they’re worse than others – and it seems you might have quite a big dose right now if they’ve made you lose your hop. But you’ll find it again soon, don’t you worry Grasshopper.”



“Is there something I can do to get rid of the glumps?” asked Grasshopper, looking really rather glum. “I’d like to get my hop back if I can.”

And she flopped sadly onto the floor, pulling out her spotted handkerchief, blowing her nose very loudly and dabbing her eyes. She really was feeling very glumpy indeed.

“Don’t worry, dear friend,” said Seagull standing up from his chair, “there is a way to get rid of the glumps and find your hop. All we need to do is to *CLANG*. I’m pretty sure that if we *CLANG* today, we’ll have you hopping again in no time!”

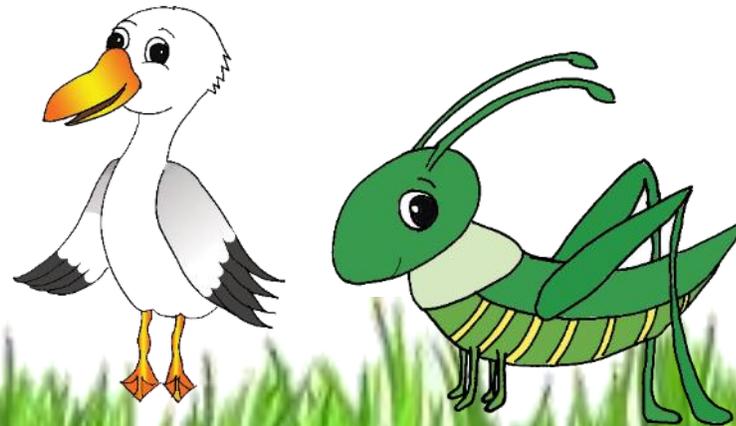
Seagull seemed to be talking nonsense, but he said it with such confidence that Grasshopper immediately perked up.



“That’s good to hear,” said Grasshopper, looking much chirpier but feeling very confused as she really had no idea what Seagull was talking about. “I’ll try anything to get my hop back. When do we begin?”

Seagull pulled Grasshopper up from the chair where she was sitting and dressed her in her hat and coat, as it was a rather wet, chilly day.

“Firstly, dear Grasshopper, we need to go and find some friends. Let’s go for a walk and see who we might find.”



To read the rest of this story, as part of the Primary Curriculum, sign up today as a member to start the
ThoughtBox Learning Journey.

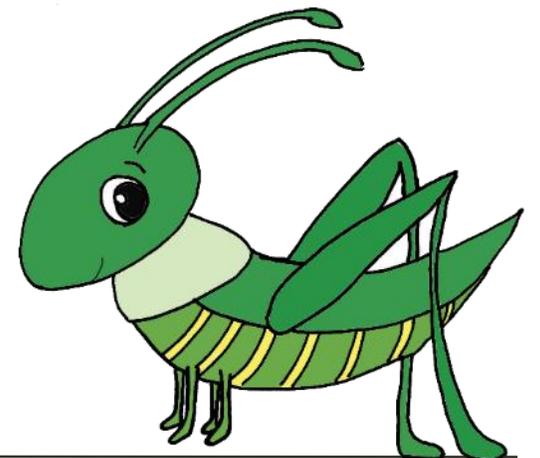
www.thoughtboxeducation.com/membership



**A CLOSER LOOK AT
GRASSHOPPER'S
LOST HOP**

10 MINUTES+

Did you enjoy
Grasshopper's
story?
If so, what was
your favourite part?

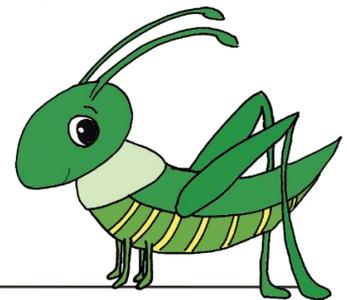


Let's split into three groups and each group think about one of these questions:

1. What happens in the story?

2. Who are the main characters and what are they like?

3. What are some of the messages and what can we learn?



Take it in turns in your group to see if you can come up with some answers to your question:

1. What happens in the story?

Remember what happens at:
The beginning
the middle
the end

2. Who are the main characters and what are they like?

We know that Grasshopper is in this story (as it is her story!) but who else was mentioned in the story?

3. What are some of the messages and what can we learn?

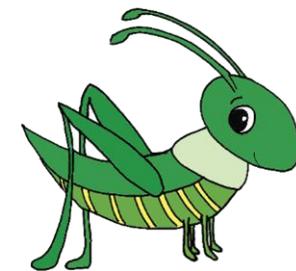
Try to think about what some of the messages of this story might be and some of the things we can learn from this story.

Now let's share our ideas together as a class.

1. What happens in the story?

2. Who are the main characters and what are they like?

3. What are some of the messages and what can we learn?





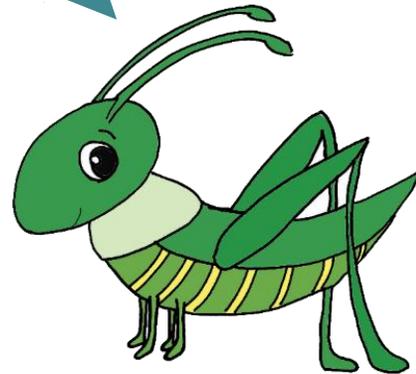
**FEELING OUR
EMOTIONS**

20 MINUTES+

In the story, Grasshopper experiences many different feelings, from glumpy and sad to happy. As well as feeling these in her mind she also feels them in her body.

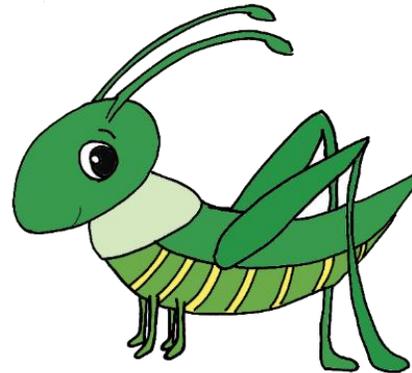
What
happened to
my body when
I felt glumpy?

What
happened to
my body when
I started to
feel happier?



How does your body feel when you are sad or when you are happy?

Let's play a
game. It's
called
**MOOD
WALKING**



Everybody needs to stand in a big circle and have enough room to be able to walk around the class together in a circle. If there isn't enough room, you can play the game by standing behind your chair (this is called **Mood Stands**).

To access the rest of this lesson plan and the full Primary Curriculum simply **subscribe as a member** to begin your Learning Journey.

thoughtboxeducation.com/membership





HAPPINESS

THIS SORT OF LEARNING
CAN'T WAIT