



Theme 5 Good to be Me: Story 3

Jim Dresses Up

SEAL learning outcomes

I know I belong to my group
I like the way I'm the same/different
I can tell you if I'm happy or worried

Early Learning Goals

Managing feelings and behaviour

Key content/ key ideas

Overcoming difficulties; doing your best; sharing your feelings with others



Courage, caring, happiness



'I'm Still Standing' Ysgol Glanaethwy in "Last Choir Standing"
'No. 5 *'We All Feel the Same'* or No. 10 *'Good to Be Me'* (from *'SEAL Songs in Action KS1'* - www.futurelinkpublishing.co.uk)

Ideas:



'People take different roads seeking fulfilment and happiness. Just because they're not on your road doesn't mean they've gotten lost.'

H. Jackson Browne

"Well," said Pooh, "What I like best," and then he had to stop and think. Because although 'Eating Honey' was a very good thing to do, there was a moment just before you began to eat it which was better than when you were, but he didn't know what it was called.'

A.A. Milne

Ideas:



Resources for story and small group activities:

- SEAL toy or puppets 1 and 4
- 1 large sheet of paper and pencils for group picture
- Visual reminders of SEAL time rules
- Feelings fans
- Happy and sad stick puppets
- Feelings photos – [happy, sad, worried]
- Firefighter’s costume
- Timeline of photos of a member of staff [baby, toddler, schoolchild, teenager, university student, adult]



Introduction

Tell the children that this story is about feeling good about yourself. Seren Seal wants all the children to be feeling comfortable about themselves. She wants to know when children feel uncomfortable because, by letting someone know, others can help with ideas to make them feel better.

Today we are going to listen to Jim’s story about how his worries were making him feel really upset inside, until he shared them and began to understand why he felt that way.



The Story

Jim wondered if the children would like to hear about a special day he was going to have with all his friends in school. Jim’s problems started because he didn’t really understand what this day was all about and, the more he thought about it, the more he worried. In the end his worries grew from being small until Jim felt they were the same size as a mountain.

It all started at the end of the school year when their teacher said they were going to put on a special school play for their parents and families. It was going to be called a 'Leavers' Assembly' because some children were leaving to start in a new school. Jim started worrying about this as he thought,

'I hope I'm not a 'leaver' because I don't think I'm ready yet and I don't want to leave my friends behind either. Maybe when I'm a bit bigger I'd like to go to a bigger school.'

Luckily he shared this worry with his Mum and she said,

'Jim, you're not going to another school yet. You've got to grow bigger and be much older. But when you go to another school your friends will go with you so don't worry. Now let's talk about the good things such as isn't it nice you'll be singing in the assembly so your friends know you care about them as they leave.'



Hands up – Can you think of a time when you have been upset and not been able to explain why you were worried about a problem? Sometimes problems seem very big inside your head but, when you tell someone why you're worried or upset, then the problems just disappear.

Jim was much happier because he'd shared his worry with his Mum, and started looking forward to the Leavers' Assembly. Jim loved singing and loved learning the new songs. He kept humming the tunes in his head and quickly began to remember the new words, although he sometimes got these wrong and made his Dad laugh. Dad said,

'Jim, listen to my new song - I'm not sure if I've got the words right so can you help me please? The wheels on the bus went swish, swish, swish!'

Jim loved it when his Dad said funny things like this and they made up lots of funny songs using the wrong words to make each other laugh.

One day, when they arrived in school, Jim's Mum said,

'Oh Jim, how exciting! The teacher has put up a list of what everyone is on the Leavers' Assembly and you're going to be a firefighter! That's nice isn't it because you love watching the programme 'Come Outside' with Pippin when Auntie Mabel is shut in the cupboard and Pippin fetches the fire fighters from the Fire Station to put the fire out?'

Jim didn't say anything to his Mum because she seemed so pleased and excited that he was going to be a firefighter. He didn't feel excited though, he felt very worried. He didn't feel big enough to be a firefighter and he didn't want to be a firefighter. But as he walked home with his Mum he tried hard to think about other things.

At bedtime Jim was very quiet and when his Dad tried to get him to play their silly songs game, Jim didn't join in and told his Dad he just wanted to go to sleep. So Dad tucked him up and Jim tried to sleep.

But it was very hard as his worries were going around in his head and, the more he thought about it, the bigger the problem seemed to be getting. He tossed and turned and when he eventually went to sleep he had a horrible dream about a big fire, and he was the only firefighter at the fire station and he didn't have any water in his hose.

In the morning, Jim was very tired going to school but he still didn't tell his Mum or Dad about his worries. He worried all day in school because he didn't think he was big enough to be a real firefighter, and kept yawning so much that in the end his teacher told him to have an early bath and go straight to bed to catch up on his sleep.

When Jim's Mum collected him from school she had a big bag with her and told him,



'I've bought your costume to be a firefighter! You'll love it Jim – you're going to be a real firefighter, just like Firefighter Sam!'

As soon as they got home Jim's Mum told him to take the bag upstairs and try the costume on, but Jim burst into tears and said he didn't want to. He cried and cried and wouldn't tell his Mum why he was so upset. The more she asked him to tell her what was wrong the more he didn't want to, as he thought his Mum would be upset. She kept saying,

'But I thought you'd be pleased to be a real firefighter Jim – it's such a lovely costume.'

That night Jim couldn't go to sleep again, and this time he kept thinking about having to be a firefighter and having to put out fires when he was scared of them. He had another bad night of dreams and, by the morning, his worries had grown so huge they were filling his head. He couldn't think of anything else at all and couldn't even eat his breakfast because his tummy was full of worries too.

When Jim had gone into his class, his Mum asked to talk to his teacher and told her that Jim seemed upset about being a firefighter but wouldn't tell his Mum why. His teacher said she'd talk to him and try to find out if there was a problem.



When Jim's teacher asked him what was wrong, he cried and said that he didn't want to be a firefighter because he didn't think he was big enough, and just wanted to be a little boy in school until he was older. He said he hadn't told his Mum because she'd bought him the costume and he didn't want to upset her. Jim's teacher said,

'But Jim, you're not really going to be a real firefighter – you're just going to dress up to look like one. You'll still have your school clothes on underneath and after we've sung

all our songs in the Leavers' Assembly, you'll be back to being a schoolboy again.'

Jim was so pleased to hear his teacher say this, all his worries melted away like ice-cubes in the sun and he said,

'I'm so glad I told you why I was worried – I thought my Mum meant I had to be a firefighter now and although I'd like to be one when I'm bigger, I know I'm not ready yet.'

Seren listened to Jim telling his teacher about his worries and knew he would be fine now, and would be the best singing firefighter in the Leavers' Assembly. Seren watched Jim proudly as he sang his firefighting song, and his friends smiled at how well he knew the words to his favourite song.

'1, 2, 3 It's good to be me! 1, 2, 3'



Small Group Activities

Talk about the story and ask the children:

- How did Jim feel when he found out he had been chosen to be a firefighter?
- What happened to Jim when he couldn't share his worries with his Mum?
- How did he feel when he told his teacher why he was so worried?

Ask the children to make happy and worried faces with a partner.

Reminder of SEAL time rules

Show the happy stick puppet and explain that it is remembering the rules for SEAL time. Ask the children if they can remember the rules. (Remind them as necessary and point out the visual aids posted on the wall, supporting with Makaton signs.)

Focus on 'Good looking eyes' and 'Taking turns'.

Ask the children why we need to take turns and use our 'Good looking eyes'.

Timelines Game

Pass around a bag of photos of a member of staff at different ages. Ask all the children to choose a photograph from the bag and look at it carefully to try to decide how old that person is in the photo. Then they will make it into a timeline in order of ages i.e. baby, toddler, schoolchild, teenager etc. Can the children see how the person has changed as they've got older? Pass around mirrors for the children to see themselves and talk about what they like when they see their face – do they like their eyes best because of the colour, do they like their hair or the way in which they smile? Can they talk about why they think they're special and what they would like to be when they grow up?

Each child contributes to a group picture showing a big head full of worry balloons with a closed mouth and then another big head with a mouth open, talking about the worries and each worry bursting like a balloon as it floats away from the head. Ask for a volunteer to talk to the other groups about this later.

Ideas for Extending Learning

Ask the children:

- Can they think of a reason why they might worry and not be able to share it like Jim?
- Can the children practise saying to each other 'I'm worried – if I tell you what's wrong, can you help me?'
- What will they say to help the friend who is worrying and celebrate how special they are?



Plenary

Later in the session, the children come back together with other groups to discuss what they found out at SEAL time.

Use Seren Seal to make the key points that:

- Seren wants everyone to be happy
- Seren wants us all to remember to talk about our uncomfortable feelings because it's important to tell someone so they can help you to stop you worrying.



Reflection

Put on the music you have chosen. Ask the children to shut their eyes and listen to the music.

While they listen, they are going to think about sharing how they feel with others and remember that, if they say when they're sad or worried, other people can help them feel good about themselves again.