

## Session One: Introduction

### Session Aims:

- To learn what a Mentor is and think about the kind of person a Mentor needs to be
- To recognise different emotions and explore ways to describe them
- To learn how our brains work

### Warm Up – Mindful Movement: Watching Carefully and Using Our Bodies

This game is just like Chinese whispers but using the body. Pupils should stand in a circle. The first time you play, it's easiest if the teacher begins. They should complete two or three different movements with their body (for example, two claps, bending knees and spreading arms wide). Pupils should watch and silently copy the movements one at a time around the circle.

Mindful movements can also be done when walking in a line. The person at the front will occasionally change how they are moving and each pupil should copy the movement as soon as they notice the change in the pupil in front of them.

### Introduction

As a group, consider the word 'Mentor' – put it on a whiteboard.

Discuss what the word means and try and create a definition.

Questions:

- What kind of person would make a good mentor?  
Add the children's ideas as a brainstorm around the word on the whiteboard.
- Why would it be good to have mentors in school?

Explain that they will be learning about how the brain and emotions today. It's important that they understand the ideas in the session if they are to become great mentors.

**SAVE THIS SLIDE WITH CHILDREN'S ADDITIONS. THIS WILL BE NEEDED IN SESSION 3.**