

**FEARLESSNESS & CONFIDENCE**

**Objective:** To develop confidence to face up to problems and fears in order to deal with them safely. To recognise that family and friends should care for each other.

**Key Words:** creaky, monster, pebbles, snore

**Curriculum Links:** Citizenship & PSHE at KS1: 1a,b c. 2a,c. 4d (see pages 7/8)

**Literacy:** Describe the main characters, the setting, the plot, etc. (story writing)  
Drama.

**Materials needed:**

- The Manual or copy of lesson plan
- Silent sitting exercises from the 'Introduction' Manual
- CD player
- CD 1 track 27 (music for silent sitting) or Silent Sitting CD track 5
- CD 1 track 2, or CD M1 track 3 for the song
- Copies of the drama script

**QUOTATION/THEME FOR THE WEEK**

**FACE YOUR FEAR  
AND IT WILL DISAPPEAR**



Discuss the reasons for telling the truth and what may make it seem difficult sometimes.

**SILENT SITTING**

Step 1 (See pages 19/20 or page 36 of the 'Introduction' Manual)

Step 2 (Optional)

Step 5: Imagine something that troubles you ...

As you look at whatever troubles you, imagine you are safe inside a golden bubble of light. ... Imagine what your bubble is like ...

It is big enough for you to stretch comfortably without touching its sides ...

It is very strong and nothing bad can come inside it ...

You feel very safe ...

The thing that troubles you is getting smaller and smaller as you look at it ...

You feel stronger and stronger ... See what you need to do about this thing ...

Perhaps you need to tell someone ...

The thing that has been troubling you disappears as you look at it ...

You know it has gone, but if it comes back, it will never frighten you as much again.

Step 6.

## STORY TELLING

### BECKY AND THE MONSTER

*by Ann McMail*

Becky cried with fear one night  
Of a monster in her room.  
She couldn't go to sleep - it might  
Attrack her in the gloom!

Her auntie heard poor Becky's tears  
And came to help her niece.  
She gently helped her face her fears  
Then Becky slept in peace.

**B**ecky was eight years old and sometimes she would go to stay with her Auntie Joyce who lived in a big old house at the sea-side. Becky loved her auntie and she loved to walk on the beach and throw pebbles into the water. Sometimes, when it was warm and sunny, she would go swimming with her auntie, but never on her own.

Becky only had one problem and that was the big old house. It was creaky and had strange dark corners which, Becky was sure, were hiding scary monsters. At night she would sleep in a big comfy bed with her teddy by her side, but she often couldn't get to sleep because she just knew that there was a monster with big shiny eyes, long fur and scary teeth just waiting for her to close her eyes. When she did, he would come out and go BOO! Becky tried to be brave but she was very frightened. Her heart would thump fast in her chest and her stomach would feel funny, like butterflies were flying inside it and when she tried to breathe, her breath got stuck somewhere. Although she felt like this, she would still manage to sleep eventually and knew she would feel better in the morning, until one night when the afraid feeling just wouldn't go away.

This particular night she was absolutely sure that the monster was coming through the cupboard door! Becky held her breath, then hid herself under the blankets. She started to cry. Then the crying wouldn't stop. She was so frightened.

"Please go away monster! Please go away" she whispered. Her bedroom door opened slowly. "No!" cried Becky. "A monster!"

"I'm not a monster, Becky," said Auntie Joyce, smiling.

Auntie Joyce sat on the bed and asked Becky what was wrong. Becky pointed to the monster in the cupboard.

"Be brave," said Auntie Joyce. "Get out of bed and let's say hello to this scary monster."

At first Becky was afraid, and then she decided to be very brave, holding her auntie's hand, she walked slowly towards the monster. Becky put out her hand to touch the monster and what do you think she felt? It was not a monster but a cosy, warm, furry coat that Auntie Joyce had hung on the cupboard door.

“You silly sausage!” said Auntie Joyce. This made Becky giggle. “If you had told me that you were scared, I could have helped you face your fears and make them go away. It was very brave of you to get out of bed when you thought the monster was still in your room.” said Becky’s auntie.

Becky felt very proud of herself. She felt brave, her tummy felt warm and quiet. “I’m not afraid any more,” she said really loudly.

“Back into bed now,” said Auntie Joyce.

Becky was soon snoring gently and if you had been in the room you would have seen that she had a smile on her face.

#### QUESTIONS:

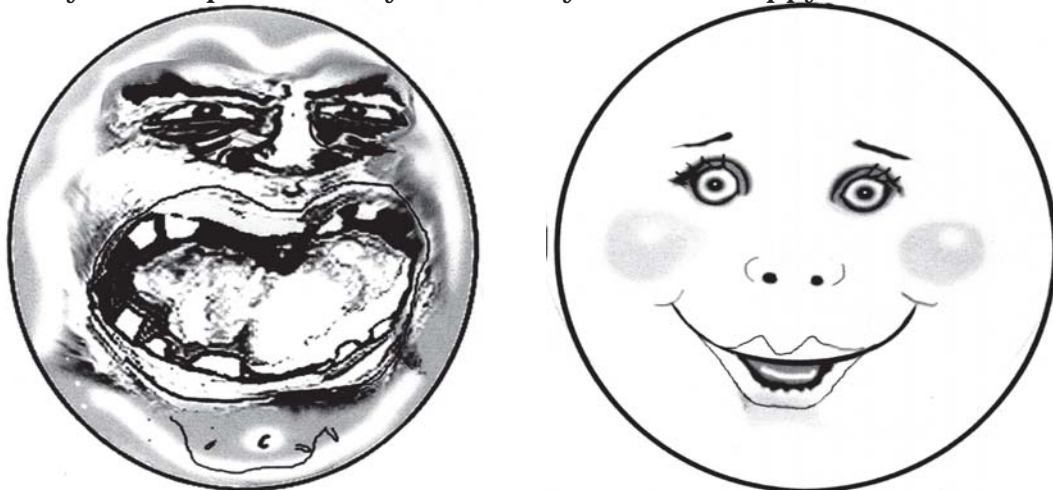
- 1 Why do you think Becky was so afraid?
- 2 Do you think Becky was brave?
- 3 Did she feel better when she told her auntie?
- 4 What did Becky learn from it?
5. How did you feel when you heard the story?
6. Does this story remind you of a time when you felt scared?

**Link story:** A Fishy Tale (*Finding Your Feet*)

#### GROUP ACTIVITY

##### 1. Art and craft work - Face masks:

- a) On a piece of paper draw round a round shape twice to represent the shape of a face. Make the first face really scary. You can colour it and stick things on or make cut outs in it, but make it very scary. Give it a name which makes you feel scary.
- b) On the second circle draw a face which makes you feel safe and happy. Give it a name which makes you feel safe.
- c) Sitting in a circle, ask each child to say first how the scary face makes them feel. Then ask each child to say how the happy face makes them feel.
- d) When they have done this, ask them to put the happy face over the scary face and then say how they feel with the scary face under the control of the happy one.
- e) When they feel positive about it, let them staple the happy face over the scary one.
- f) *In small groups:* Ask the children to talk about their two faces. How do they feel now the scary face is permanently covered by the safe happy one?



## 2. Together we can ...

Ask the children to choose a partner. Give each pair one speech to read out in turn in the following drama, thus together creating the whole drama and involving a team effort by all the class. (*Ensure everyone is included and has a chance to act*).

### DRAMA

#### BECKY AND THE MONSTER

*The scene is set in the bedroom of Becky's Auntie Joyce*

*Cast:*  
Narrator  
Becky  
Auntie Joyce  
Poet

*Narrator:* Once upon a time, there was a little girl called Becky. Becky was just eight years old and sometimes she would go to stay with her Auntie Joyce who lived in a big old house at the seaside. Becky loved her auntie and she also loved to walk on the beach and throw pebbles into the water. Sometimes, when it was warm and sunny, she would go swimming with her auntie, but never on her own.

Becky only had one problem about staying with her auntie. She loved her big comfy bed that she would cuddle up in with her teddy bear. But she was scared of the big old house. It was very creaky and had strange, dark corners that, Becky was sure, were hiding scary monsters.

*[Enter Becky, looking visibly scared, from stage left. Becky gets into the bed clutching her teddy and hides under the covers, which are seen to be shivering from Becky's fear.]*

*Narrator:* But poor Becky just couldn't get to sleep because she just knew that there was a big, scary monster just waiting to get her!! That's what Becky thought anyway. She tried to be brave but she was very frightened. Her stomach felt funny, like butterflies were flying around in circles inside it, and when she tried to breathe, her breath got stuck somewhere.

*Becky:* *[Becky is tossing and turning in the bed, and breathing erratically. She then sits up and starts talking to herself]* The monster has big shiny eyes, long fur and great, long, scary, pointed teeth. I just know he's waiting for me to close my eyes. If I start to doze off, he will come out and go and go BOO! Oh dear, oh dear! What shall I do?

*Narrator:* Most nights, although she felt like this, she would still manage to get to sleep eventually, as she knew she would feel better in the morning. But one night, that awful afraid feeling in the pit of her stomach just wouldn't go away!

This particular night she was absolutely sure that the monster was coming through the cupboard door! Becky held her breath, and then hid herself under the blankets. Her eyes started to fill with tears and then she started to cry and the crying wouldn't stop. She was so frightened.

*Becky: [sitting up and addressing the audience].*

It's different tonight, I know it is. I'm absolutely sure that the monster is going to come out through that cupboard door! *[Taking a big breath, she dives back under the covers, and then continues to sob, loudly].* Please go away monster! Please go away!

*[The bedroom door slowly opens.]* No! Oh no! *[bloodcurdling scream]* A monster!

*Auntie Joyce: [smiling]* I'm not a monster, Becky. *[AJ sits on the bed.]*

*Auntie Joyce:* Now then ... *[gently patting Becky's head, which is still under the covers.]* What on earth is the matter, my dear? *[Becky's hand emerges and points to the monster in the cupboard.]*

*Auntie Joyce:* Oh, I see.....Well, let's both of us be really brave. Why don't you get out of bed and we'll go together to say hello to this scary monster? Come on now.

*Narrator:* At first, Becky was afraid. But then she decided to be very brave. *[Becky gets out of bed and then her actions mirror narration.]* Holding her auntie's hand, she walked slowly towards the monster. Then she put out her hand to touch the monster and what do you think she felt? It was not a monster at all, but a cosy, warm, furry coat that Auntie Joyce had hung on the cupboard door.

*Auntie Joyce:* You silly sausage! *[Becky giggles].* If only you had told me that you were scared before. Then I could have helped you face your fears and make them go away. But, I must say, I think it was very brave of you to get out of bed when you thought the monster was still in the room! *[Becky hugs her Auntie Joyce.]*

*Narrator:* Becky felt very proud of herself. She felt brave, and her tummy felt still, warm and quiet.

*Becky:* I'm not afraid anymore.

*Auntie Joyce:* Back into bed now, dear!

*Narrator:* Becky was soon snoring gently and if you look very closely *[turning towards Becky]* yes, I'm sure you can see it! Look! She has a lovely smile on her face!

*Poet:* Read poem at the beginning of the story.

QUESTION: How did you feel when you saw, heard or acted in this drama?

## GROUP SINGING

WHO'S AFRAID  
OF THE BIG BAD WOLF?  
*(Adapted from a traditional children's song)*

Who's afraid of the big bad wolf?  
The big bad wolf? The big bad wolf?  
Who's afraid of the big bad wolf?  
WE ARE NOT AFRAID!

Who's afraid to speak the truth?  
To speak the truth? To speak the truth?  
Who's afraid to speak the truth?  
WE ARE NOT AFRAID!

Who's afraid of showing love?  
Of showing love? Of showing love?  
Who's afraid of showing love?  
WE ARE NOT AFRAID!

Who's afraid of doing good?  
Of doing good? Of doing good?  
Who's afraid of doing good?  
WE ARE NOT AFRAID!

Who's afraid of being kind?  
Of being kind? Of being kind?  
Who's afraid of being kind?  
We are not! We are not!  
WE ARE NOT AFRAID!

*This song can be sung skipping round and holding hands in a circle, on the last line of each verse 'We are not afraid' the children go into the middle, holding their joined hands up, and then come out again.*

**Close the lesson:** If the teacher wishes, the lesson can be closed by asking the children to form a circle and say, "Let us keep ourselves happy by being careful and not be afraid when there is no need to."