

# **UNIQUE VOICE**

## **MENTAL HEALTH TOOLKIT: ADVENTURES ON THE INSIDE**



### **INTRODUCTION SESSION PLAN**

SCREENING OF ADVENTURES ON THE INSIDE

# INTRODUCTION SESSION PLAN: ALL YEAR GROUPS

## SCREENING OF THE FILM: ADVENTURES ON THE INSIDE

Before you teach Lesson 1, watch the film *Adventures on the Inside* with your class or group.

This could be done in a KS2 assembly or in the classroom. The film is 20 minutes long in total. You can choose whether to watch it in one sitting, watch it in sections or to pause and discuss as you go along.

Look for the Bear symbol on the screen: 

This is an optional suggested pause point, where you can ask the class some questions and have a discussion about the story and the characters.

This is not an exhaustive list - you may have other questions you would like to ask and the children are likely to have some of their own too. You can decide if and when to pause the film - you may prefer to let it play, so that the flow of the narrative is not interrupted for the group. Equally, you may feel that your group would benefit from a pause; this could be an opportunity for the children to talk and ask questions, for you to check their understanding or to refocus their attention. We encourage you to do what suits the learners in your session.

## Highlighted Discussion Points



### Discussion Point 1 (07:15 - after stepping stones)

What has happened so far?  
Who is your favourite character and why?  
Are there any characters whose behaviour you noticed? Why?



### Discussion Point 2 (16:16 - after Bear Moment with Wolf):

How does Bear treat the other animals?  
What adjectives (describing words) can you think of for Bear?  
Is there anyone you know who behaves like Bear does?



### Discussion Point 3: (20:00 - end):

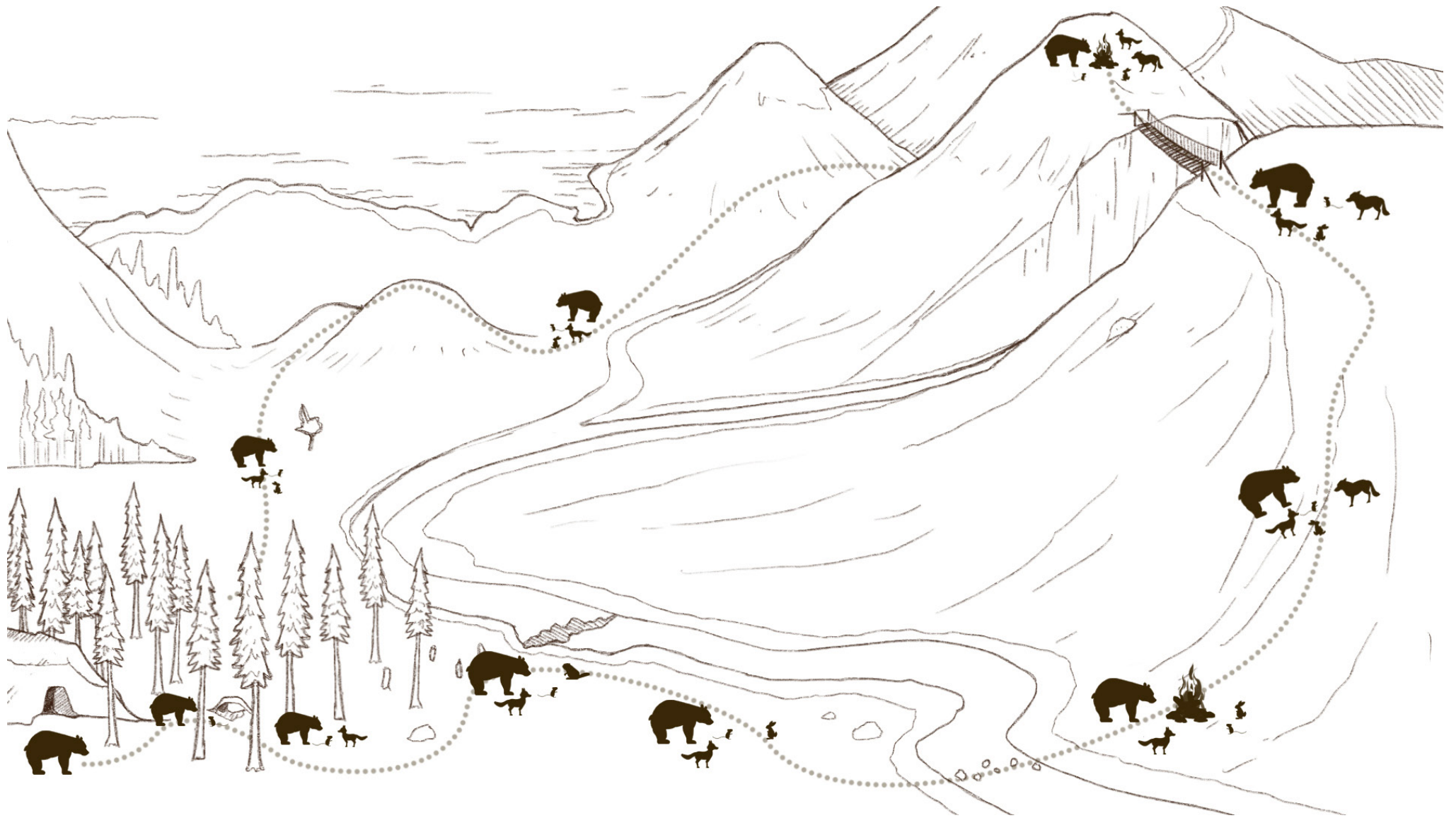
We recommend having a discussion about the film at the end. Here are some further questions you could pose to the group.  
Who is your favourite character and why? Has it changed from earlier on in the film?  
What did the characters learn on their journey?  
What is the film about?

**Follow-up Activity 1: Story Map** - After watching the whole film, show the children the Story Map and invite them to recount the story, remembering the key moments. It will be interesting to find out which events they remember most clearly. If you have a printed version, you could annotate it or do the same on your interactive whiteboard.

**Follow-up Activity 2: Character Board** - Show the children the Character Board. Using the discussion questions in the presentation as a prompt, talk about each character in turn, finishing with Bear.

Once the group has watched *Adventures on the Inside* and completed these two follow-up activities they are ready to do Lesson 1.

# ADVENTURES ON THE INSIDE - JOURNEY MAP



# CHARACTER BOARD

