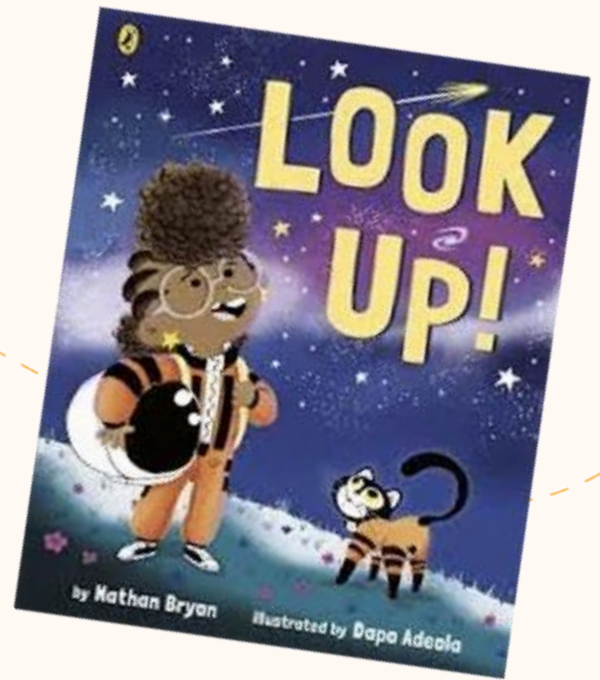


Look Up

Written by Nathan Byron

Rocket has her sights set on the stars but her brother has his head down looking at his phone. This is a great story about dreams and the benefits of looking up.



5 Objectives

Lesson 1:

I can tell you what makes me individual.

Lesson 2:

I can tell you what my strengths are.

Lesson 3:

I can teach someone else something I am good at.

Lesson 4:

I can tell you some of the effects of spending too much time on devices.

Lesson 5:

I can tell you how to keep safe on the roads.

Lesson 6:

Evaluation and Reflection

Tags:

Screen time, awareness, road safety, strengths, self-respect

Sensitive Content in This Story

In the story, Rocket loves to go outside but is surrounded by family members who are on their screen. This might be the same for children in your class – be mindful of their experiences here. Furthermore, some children might have lots of screen-time whereas others aren't allowed any. Be prepared to discuss differences and how it's ultimately their parent's choice.

Some sessions ask the children to think about what they're good at. If you have children who are particularly sensitive or lack confidence, it might be useful to have some pre-prepared suggestions for them to draw from.

Wellbeing skill links

Through the following 5 lesson plans children will explore the following RSHE statutory (s) and PSHE non- statutory (n) wellbeing objectives.

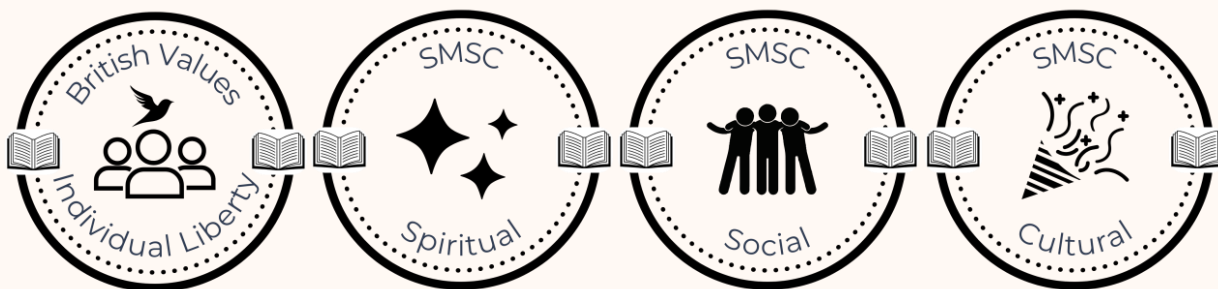
Respectful Relationships (s) :	Internet and Safety Harms(s):
The importance of self-respect and how this links to their own happiness. (Lesson 1, 2, 3)	About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. (Lesson 4)
Keeping Safe (n)	
To recognise risk in simple everyday situations and what action to take to minimise harm (Lesson 5)	
Ways to keep safe in familiar and unfamiliar environments (e.g.beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely (Lesson 5)	
Further Skill Coverage:	
All Settle activities cover: Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. All Training activities cover: That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.	

Literacy Links

Through the following 5 lesson plans children will explore the following literacy objectives.






Vocabulary:	Retrieval:	Inference:
Talk about what words mean and learn new vocabulary in order to understand what has been read. Make links to words already known to help understand the text.	Check the text makes sense Retell familiar stories in the correct sequence	Make inferences on the basis of what is being said and done Talk about characters' feelings

SMSC and British Values



Lesson Content

All five of the lesson plans related to this book follow our STORY structure

-  | **S** **Settle:** Start your session with a settling activity to encourage children to be in the right frame of mind for listening and learning about their wellbeing.
-  | **T** **Training:** Keep children's emotional literacy updated by spending a couple of minutes looking at a picture from the book and discussing the different emotions the characters are feeling.
-  | **O** **Objective:** Introduce a wellbeing objective for children to focus on when they are listening to the story
-  | **R** **Read:** Read the story and discuss the following guided reading questions as a class.
-  | **Y** **You:** To finish the session children have the opportunity to reflect on the book and to relate the book to themselves.

Further Resources

Some other stories we would recommend that are related to this story are:

The Couch Potato by Jory John

Me, Myselfie & I by Jamie Lee Curtis

You're Missing It! By Brady Smith and Tiffani Thiessen

This guide for parents could be helpful if you have any children in your class who need more support managing screen time:

<https://www.internetmatters.org/issues/screen-time/>

