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# Learning and Participation Resource Pack

## Healthy Living: Session 4 – Creepy Carrots

Originally for lower KS2 pupils with ASD and Learning Difficulties. Can be used for varying ages – depending on individual needs.



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# Overview

Lesson ideas for the topic of the healthy living. Including activities for: drama, music, dance and sensory. Exploring different stories with an emphasis on healthy lifestyles in a practical way with a focus on turn taking and communication/interaction.

## Lesson Ideas

### Warm up/icebreakers

- VOCAL WARM UP: Sing a welcome song, hello song, a song to signify to the children that this lesson has begun, whether it be drama, music, dance, sensory or a combination.
- PHYSICAL WARM UP: Put on a song of your choice to do a physical warm up. Just simple movement imitation in time with the music.
- FOCUS WARM UP: A simple game to get the children focussed and ready to learn.
- Emphasise to children why you are doing each activity and its purpose, i.e. what it is warming up - voices, bodies, brains.

### Task ideas/starting points

- This lesson is drama focussed.
- Have the children in a circle either on the floor or chairs.
- You will need a speaker and access to YouTube for this session.
- You will also need a piece of fabric for the cool down.
- You will need a translucent piece of material/paper, cut-outs and a torch for the shadow puppetry.
- Green and orange dance scarves for the children to wear as the carrots.

## Task Developments

- **STORY:** Read Creepy Carrots to the group as this is what the lesson is based around.
- **SHADOW PUPPETRY:** Get two people to hold up either side of the material, one person to operate the torch and two people to have the puppets - a creepy carrot one and a rabbit one. The rest of the class can watch whilst they wait for their turn. Can show action from the story.
- **STILL IMAGE EXERCISE:** In small groups, choose one child to be the rabbit and the other children to be the carrots, give them orange and green fabric to use to dress up as the carrots and create a still image of the carrots scaring the rabbit.

## Differentiation for lower/higher ability

- If understanding of spoken language is limited and the group/individual are a more sensory learner. You can do the following. Create a Creepy Carrots sensory bin using pictures of the creepy carrots, googly eyes and black shredded tissue paper. They can design their own creepy carrot using orange and green fabric to create a large creepy carrot in the centre of the room and the children can choose between eyes and mouths to put on their carrot.

## Cool down ideas

- Using a piece of fabric, lift it high above the individual's head and then wash it over them. This is best accompanied with music and when doing this activity in groups put a calming visual on for them to have something to focus on whilst they wait for their turn.

# Outcome

The children will have explored the theme of healthy living in a practical way and used multiple disciplines and skills to do so. If it is part of a wider curriculum theme, sessions like this can be used to generalise their knowledge.

## Resources and useful links

- **Resource 1:** Chill out playlist  
<https://open.spotify.com/playlist/11HXfRni5ynyb08n1U23f8?si=xGT04lnXRnKGAHfm1I9PJQ>
- **Resource 2:** Movement playlist  
<https://open.spotify.com/playlist/4Zv0N1uv0egDIFV1FQiWye?si=0DW0QCi0Ro--IH7L6PX2vQ>
- **Resource 3:** Creepy Carrots story  
<https://www.youtube.com/watch?v=5JHtihBb34c&t=2s>
- **Resource 4:** Dance scarves [https://www.amazon.co.uk/Geboor-Juggling-Movement-Performance-Accessories/dp/B07NTHC9D1/ref=sr\\_1\\_3\\_sspa?crid=QA5THGMH7YK3&dchild=1&keywords=dance+scarves&qid=1585920943&s=kids&srefix=dance+scarves%2Caps%2C269&sr=1-3-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExUVhXM1Y4SzJlVFRMJmVuY3J5cHRlZEIkPUEwMzYzOTEzMTUwUU9ER1ICM0xZRIz3aWRnZXROYW1lPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=](https://www.amazon.co.uk/Geboor-Juggling-Movement-Performance-Accessories/dp/B07NTHC9D1/ref=sr_1_3_sspa?crid=QA5THGMH7YK3&dchild=1&keywords=dance+scarves&qid=1585920943&s=kids&srefix=dance+scarves%2Caps%2C269&sr=1-3-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExUVhXM1Y4SzJlVFRMJmVuY3J5cHRlZEIkPUEwMzYzOTEzMTUwUU9ER1ICM0xZRIz3aWRnZXROYW1lPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=)

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