



Our Tower

Written by Joseph Coelho

Illustrated by Richard Johnson

Three children embark on an adventure that will open their eyes to the nature and beauty that surrounds their tower block home.

Objective

I can tell you what nature I can see in my community and how nature benefits me



Sensitive Content in This Story

This story is accessible for all children and doesn't contain any content that we deem sensitive.

It is worth noting that the characters in the story go on an adventure without an adult, and teachers may wish to highlight this to their class.

The discussion and activities may lead some children to talk about their homes. Teachers should be mindful of any children who may find this difficult. Similarly, if any child discloses a safeguarding concern during the lesson teachers should follow their school's safeguarding reporting procedures.

Wellbeing skill links

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

Mental Wellbeing (s)	Communities (n):
the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.	the benefits of living in a diverse community; about valuing diversity within communities

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

Vocabulary	Retrieval	Inference
<p>Talk about what words mean and learn new vocabulary in order to understand what has been read.</p> <p>Explain the meaning of words and know how to use them in the correct context.</p> <p>Discuss how words and phrases have been used to build a picture for the reader.</p>	<p>Answer basic retrieval questions using evidence in the text to discuss understanding</p> <p>Know and discuss setting, character and event changes across a text</p>	<p>Draw inferences such as inferring character's feelings, thoughts and motives from their actions and justifying inferences with evidence from the text</p>

Lesson Content

The lesson plan for this book follows our STORY structure

 |  **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.

 |  **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.

 |  **Objective:** Introduce a wellbeing objective for children to focus on when they are listening to the story

 |  **Read:** Read the story and discuss the following guided reading questions as a class.

 |  **You:** To finish the session children have the opportunity to reflect on the book and to relate the book to themselves.

Further Resources

Enjoyed this story and would like to read more? Try these books:

- The Last Garden by Rachel Ip
- The Secret Sky Garden by Linda Sarah and Fiona Lumbers
- Luna Loves Gardening by Joseph Coelho
- The Extraordinary Gardener by Sam Boughton
- Balam and Lluvia's House by Julio Serrano Echeverria

