

SCENARIO 7 OF 10

# IN THE KINGDOM OF FEELINGS

LONGING

## *The Queen's Longing*



## SCENARIO CARD

## Diary entry

### OBJECTIVE OF THE CLASS



Recognising and naming the feeling of longing, coping with this feeling in oneself and others.

### ACTIVITIES

- The queen's first letter – reading the letter and talking about the queen's feelings. Developing empathy.
- Who and what do we miss? – arts & crafts work. Presentation of one's experiences in a drawing.
- How can we deal with longing? – brainstorming. Developing cooperation skills.
- The king's longing – learning the king's feelings and his ways of dealing with difficulties.
- Gifts for the queen and the dog – arts & crafts work. Stimulating creativity.
- The sixth rule – introducing the rule: "Together we look for ways to express our feelings".
- Mountain of Longing – listening to the royal edict, placing a fingerprint on the flag and receiving a badge for the Resident Card.
- The second letter from the queen – introducing a form of expressing gratitude.

## What is happening in this episode?

The queen sends a letter to the inhabitants and the king, in which she describes her longing for her husband and the inhabitants of the Kingdom. The children discuss the feeling of longing, share their own experiences, and then prepare a poster together presenting who and what they miss. All the residents think about how to deal with the feeling of longing and how to help someone who feels it. They prepare special gifts for the queen and the dog – self-portraits of the residents for the queen and gifts for the dog. They establish the next rule of the Kingdom, which is as follows: "Together we look for ways to express our feelings". The king calls the next hill the Mountain of Longing and gives the inhabitants the badge "I know what longing is". At the end of the class, a second letter from the queen arrives which says that she can return home with the dog now. The queen invites the inhabitants to a meeting to determine what the birthday celebration of the Kingdom should look like and asks them to think about how they would like to celebrate the occasion.

## Preparation for the classes

### NOTE!

As you prepare for this episode, think about the current family situations of the children in your group. If there are persons who are missing someone a lot at this moment, e.g. a parent who has left or a recently deceased relative, you must take care of their emotional safety and pay particular attention to whether these activities will not be too difficult for them. You can also modify the classes to discuss longing, with a stronger emphasis on how to deal with this feeling and how to show support. If you expect the topic to be extremely difficult for the children in your group, focus only on the feelings experienced by the heroes of story – the royal couple and the dog.



## | TEACHING AIDS

- two letters from the queen
- flag template
- template of the badge "I know what longing is"
- a chest
- Rules of the Kingdom of Feelings Card
- Resident of the Kingdom of Feelings Cards
- an envelope
- ink and a sponge
- sheets of paper (A6 format)
- 2 sheets of paper (A2 format)
- crayons, markers, paints, plasticine, crêpe paper, pieces of cloth and yarn
- tube-shaped pasta
- a string approximately 1 m in length
- cardboard

## *Preparation of the scenery and props*

Before the class, attach an envelope with the **1st letter** from the queen addressed to the king and the inhabitants of the Kingdom to the scenery board. Also prepare the **2nd letter**, keep it with you, but don't show it to the children. You can also ask someone from outside the group to bring the letter to the classroom at the right moment. Also prepare sheets of paper, arts & crafts supplies and cardboard.



## LESSON PLAN

### | THE FIRST LETTER FROM THE QUEEN – INTRODUCTION TO THE CLASS

When the children come into the room, they will see a letter on the board. Take it down, look at it and say that it is addressed to the citizens of the Kingdom and to the king. Take down the character silhouettes from the scenery board and give them to the children. Then ask them to sit in a circle and read the letter.

” Dear King, Dear Residents! ”

*Our dog is feeling better and better. Fortunately, the issue was only food poisoning due to the amount of sweets he ate. The vet is taking good care of him. I hope we'll be back with you soon, because I miss you all already. I miss your smiles and hospitality. I'd like to be back in the Kingdom of Feelings.*

*I miss the breakfast conversations with you, King, my Husband, during which we discussed the affairs of our beloved Kingdom. I miss the view from the windows of our castle. I miss the noise of the river and the music you sometimes play, Dear Residents.*

*The dog is whimpering miserably, sitting here next to me, because he probably also dreams about going home and running with you in the meadows. He can't go on as long a walk here as he could with you in the Kingdom. I'm sure he misses it.*

*We look forward to seeing you again.*

*I send you my warmest greetings*

*The Queen*

Start a conversation with the children:

- How might the queen have felt while writing this letter?
- How might she have looked then?
- What did we learn from the letter about her feelings?
- What do you think the king may be feeling now?
- How do you feel after hearing the letter?
- Have you ever experienced longing?
- Who or what do you miss sometimes?

Encourage the children to share their experiences and thoughts and try to name what they feel.

You can help them name the symptoms of longing, e.g. the feeling that someone or something is missing, the desire to cuddle up to someone who is not around, the feeling of sadness, tickling inside the body, the loss of interest in what is around them.

In conclusion, refer to the examples of longing given by the children and emphasise that this feeling is usually caused by the fact that we are missing someone or something, that one of our important needs is not satisfied.

### | WHO AND WHAT DO WE MISS? – ARTS & CRAFTS WORK

Ask the children to draw a picture on a small sheet of paper (A6 format) showing who or what they miss. Then collect their work and stick it onto a large piece of cardboard (A2 format). Write down the title of the poster you have created on the top of the sheet – "Who and what do we miss?". Hang the poster near the scenery board near the hill that will be called the Mountain of Longing.

## | HOW CAN WE DEAL WITH LONGING? – BRAINSTORMING

Ask the children to sit in a semicircle in front of the scenery board and start the conversation:

- Each of us feels longing sometimes. How can we deal with this feeling? What do you do when you feel longing?

The children will probably also mention situations in which they cannot do anything about their longing because, for example, the person they miss is already dead. Do not avoid this topic, you may suggest using one of the following methods, which should ease their longing a little and help you to redirect the attention to the cause of the longing. Leave the child room to look for other ways to meet the need that causes longing.

## | THE KING'S LONGING – LEARNING THE KING'S FEELINGS AND HIS WAYS OF DEALING WITH DIFFICULTIES

At the end of the conversation, say:

*Sometimes we can help each other so that the longing is not so hard to bear. I have heard that the king knows how to do it. Do you want to talk to him about it and try to do what he does?*

While animating the character of the king, start the story by saying that it is worth thinking about what you feel and naming these feelings.

*For example, I miss the queen and our dog now. Why do I miss the queen?  
I miss her because she is important to me, I love her very much because I like to spend time with her and talk to her.  
I miss her presence, spending time together, drinking tea and eating our favourite cookies in the castle tower from which we can look at the whole Kingdom. But when she is gone and I have to wait until she returns, I can talk to you, the inhabitants of our Kingdom. Maybe one of you could sit with me over tea and cookies, talk to me. I can also play with you, though I will still miss the queen.*

*Why do I miss our dog?  
I miss him because he is important to me, he is very cheerful and makes me laugh, he likes to play with me and he lets me stroke him.  
I miss being able to stroke his rough, warm fur. And I miss the funny way in which he moves his ears when I stroke him. And I miss it how he nuzzles me with his wet nose in such a funny way when he wakes me up in the morning. So I miss his presence, the sincere joy and laughter he gave me. I also miss stroking and hugging him. But as long as he is not with us, I can seek joy elsewhere, while still thinking about him. I can stroke and hug some bears; even though it's not the same, it can help me, too.  
I've already told you how I deal with my longing, and now maybe you can tell me about your ways. What helps you when you miss something or someone? What do you usually do? What else could I do?*

You can tell the children about your way, e.g:

- In order to miss my loved ones less when I'm at work, I carry their photos in my wallet. Do you want to see them?

If children bring pictures of their loved ones to your preschool in order to miss them less, and they have them in their lockers, you can suggest that you go and look at them together. If this method has not been used before, now might be a good time to introduce it. Another way to reduce your homesickness is to bring your favourite toy to preschool.

Summarise the discussion about how to deal with longing.

## | GIFTS FOR THE QUEEN AND THE DOG – ARTS & CRAFTS WORK

Invite the children to continue the story of the Kingdom:

*Once we know what makes us miss someone so much, we can do something to make sure that we spend the time we wait for the situation to change well. Remember what the queen wrote to us – that she misses our hospitality. And the dog misses walking with the citizens of the Kingdom. So what can we do? I propose we prepare and send them presents. They will know that we are thinking about them too and that they are important to us. The queen wrote that she misses our smiles. Considering we carry the pictures of our loved ones sometimes, maybe we can make self-portraits, smiling, for the queen to remember what we look like and to see our smiles.*

Give the children small sheets of paper (A6 format) on which they are to create mini-self-portraits of their inhabitants of the Kingdom, using the methods of their choice (drawing, collage). Then gather all the work and stick them on a large sheet of paper (A2 format) or glue them to a string/ribbon to create a garland with portraits.

Suggest that the children also make a gift for the dog, for example:

- 1) a pasta leash --the children paint dry pasta in colours that they think would appeal to the dog, or decoate and stick plasticine on dry pasta, and then, with the help of the teacher, thread it onto the string creating a leash;
- 2) a new bed for the dog – the children prepare a new bed for the dog from various materials (cloth and coloured crêpe paper) which is to be soft and comfortable;
- 3) a box with toys – the children, in groups or on their own, prepare toys for the dog, they cut out bones from cardboard for chewing, prepare balls from crushed paper covered with coloured tape, etc.

After the children have finished their work, prepare the self-portraits and the presents for the dog to send to the queen. Put them in a cardboard box and stick a card with the queen's imaginary address to it.

## | THE SIXTH RULE – INTRODUCING THE RULE "TOGETHER WE LOOK FOR WAYS TO EXPRESS OUR FEELINGS"

Remove the Rules of the Kingdom of Feelings Card from the scenery board and start a conversation with the children:

*Today, the royal couple experienced moments of longing together with us. Although it is not a pleasant feeling, it is necessary – for example, it helps us know that someone is important to us and that we are important to someone who misses us. Sometimes there's nothing we can do when we miss someone.*



*We saw what it was like to tell someone that we miss them and what it means for us, why we miss them. If you say you miss someone, then even though the feeling doesn't go away, it lifts the burden from our heart a little bit, doesn't it? Sometimes someone can help us find another way to express our feelings that will help us and make it easier for us to go through what we feel. So let us agree on the next rule applied in the Kingdom of Feelings, which is: Together we look for ways to express our feelings.*

Discuss with the children how they understand this principle. You can refer to the fact that each of us has different experiences and we experience the same feelings differently, but because we have different people around us, we can look for different ways to express our feelings together. Someone can advise us on an effective method and we can also advise someone on a solution that will make them feel better. Once you have made sure everyone understands the rule, write it down on the Rules of the Kingdom of Feelings Card and stick the Card back to the scenery board.

### **| MOUNTAIN OF LONGING – LISTENING TO THE ROYAL EDICT**

Animating the figure of the king, act out the scene of longing for the queen and the doggy. Look at the mountains behind which they are and turn to the citizens, proposing that you call one of the hills the Mountain of Longing. Give the inhabitants a flag and ask the children who have experienced the feeling of longing at least once to put their fingerprint on it. Place the flag on top of the mountain, then hand out the badges "I know what longing is" to stick on the Resident of the Kingdom of Feelings Cards



### **| THE SECOND LETTER FROM THE QUEEN – INTRODUCING A FORM OF EXPRESSING GRATITUDE**

While the children are busy sticking the badges to their Cards, someone brings a letter to the classroom. Inform the children that the answer from the queen has just come and read the message to them.

” Dear King, Dear Residents!

”

*Thank you very much for the wonderful gifts! I immediately felt a lot better when I saw your smiling faces on the self-portraits, and the dog jumped with joy, seeing what you had prepared for him.*

*The vet has just informed me that we can return to the Kingdom of Feelings now. I have packed our suitcases and I'm on my way back.*

*Let's meet .... [e.g. tomorrow, next week – date of next class] in the castle square. It will be so nice to see you! And now that the dog is healthy, we can start preparing for our Kingdom's birthday! I will tell you what my ideas for the celebration are.*

*I send you my warmest greetings*

*The Queen*

### **| THE RESIDENTS RETURN HOME – THE END OF CLASSES**

Thank the children for taking part in another adventure in the Kingdom of Feelings and ask them to consider at home how they could celebrate their Kingdom's birthday. Attach the silhouettes of the residents and the king to the scenery board and put the Resident of the Kingdom of Feelings Cards in the chest.

## *After the class – information for parents and guardians*

After finishing the episode, provide the parents or guardians of your children with information prepared especially for them, which will enable them to continue the work you have done with the group today. You will find it [here](#).



## | DEAR PARENTS, DEAR GUARDIANS!



Today, as part of the series "In the Kingdom of Feelings", during the class we talked about longing. The fairytale queen and doggy are still at the vet's in the neighbouring kingdom. Longing is the experience of lacking and not just lacking a person. You can also miss a place, a time, a memory. Longing is accompanied by various unpleasant emotions, such as sadness or anger, it is often difficult to concentrate, and it is often accompanied by fear and anxiety. Longing is important information about the child's needs and what is important to them at a given moment. Talking to your child about what they are experiencing helps them cope better with the overflow of emotions. When a child misses something, it is worth giving them the time to experience this emotion. Experiencing longing together with a loved one will make it less intensive after some time, and the child will learn that the situation is difficult, but will be able to cope with it. If something similar happens to them in the future, the fear of longing and loss may be less strong.

Dear Parent! Your calm, accepting and supportive presence is very important for your child. It is worth telling your child in such a situation that you can see that what your child is experiencing is difficult for them. The child may be relieved by the fact that you name their emotions and needs, which they probably hide behind the longing they are experiencing. It is important not to block difficult emotions, not to distract attention and not to provide ready solutions right away. The child needs the time to get used to the situation which they are in.

Listen to the child, as it may turn out that what seemed to be longing is, in fact, the fear of the unknown, the fear of change. The more gentle, patient and open you are to what the child experiences, the greater the chance that they will become accustomed to longing and adapt to the change hidden behind longing. Such a situation may include: being without a parent at preschool, first summer camps, a change of preschool, the end of the summer holidays or the loss of someone close to them. Thanks to your support, your child will grow up to be a person aware of their emotions, not blocking what they are experiencing, and thus not behaving impulsively.



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Dear Residents!*

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*I hope we'll be back with you soon, because I miss you all already. I miss your smiles and hospitality. I'd like to be back in the Kingdom of Feelings.*

*I miss the breakfast conversations with you, King, my Husband, during which we discussed the affairs of our beloved Kingdom. I miss the view from the windows of our castle. I miss the noise of the river and the music you sometimes play, Dear Residents.*

*The dog is whimpering miserably, sitting here next to me, because he probably also dreams about going home and running with you in the meadows. He can't go on as long a walk here as he could with you in the Kingdom. I'm sure he misses it.*

*We look forward to seeing you again.*

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The Queen*

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*The vet has just informed me that we can return to the Kingdom of Feelings now. I have packed our suitcases and I'm on my way back.*

*Let's meet \_\_\_\_\_ in the castle square.*

*It will be so nice to see you! And now that the dog is healthy, we can start preparing for our Kingdom's birthday! I will tell you what my ideas for the celebration are.*

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