

Tourettes Action Primary School Lesson Plan - KS1

The following lesson plan has been created to educate KS1 children about Tourettes Syndrome (TS). The lesson starts with asking pupils what they know about Tourettes and then moves on to educate them, allowing them to take part in activities aimed at showing the children what having Tourettes can feel like. There is a strong message throughout that we must celebrate everyone's differences. The lesson ends with a quiz and an activity asking the students what they have learnt about TS and how they too are different from their friends.

Lesson Time: You will need to put aside 45 minutes to conduct this lesson.

Learning Intention/Objectives: This lesson aims to teach pupils about what Tourette Syndrome is and what it is not, how they can support pupils who have TS in the school and where they can go for help if they have other questions.

Outcome: By the end of the lesson we are hoping that pupils will have a greater understanding of TS and understand that we are all different and we should celebrate people's differences in school either by doing the quiz or sharing something about themselves.

Agenda	5E's	Learning Activity
5 mins	Engage	Tell the class that in this lesson we are going to learn about a condition called Tourette Syndrome. Explain to the class that we are all different and that we need to respect people's differences. Ask the class if they have heard of TS before or if they know of anyone with TS?
10 mins	Explore	Tell the class we are now going to find out what TS is. Work through this presentation A presentation for Primary School children
10 mins	Explain	Following the presentation, ask the children to discuss with their 'talk partner' about what they have learnt that they didn't know before. As a group share a list of some examples of tics on the board, what makes them worse and what we can do to help people with tics?
15 mins	Extend	Ask students to complete the TS quiz which will challenge their knowledge of TS. Download quiz here Or ask pupils to draw a picture of themselves doing something they enjoy and are good at to celebrate something about them and how they may be different from their friends.
5 mins	Elaborate	Ask students to share something they now know about TS or share their picture.

Exercise to try with the class which shows how having TS may affect a child's ability to learn.

- [Resource library - A school-based exercise to demonstrate how concentration can be impaired by tics \(tourettes-action.org.uk\)](#)