

Year 7 - Emotions - Staff overview and planning tool

Learning Outcomes

By the end of this module, pupils **WILL** be able to...

- Give examples of positive and negative emotions
- Recognise an emotion that they are currently experiencing
- Give examples of healthy ways to deal with difficult emotions
- Recognise something that always makes them happy
- Give examples of things that have been scientifically proven to make humans happy
- Define resilience

By the end of this module, pupils **SHOULD** be able to...

- Understand that you can experience an emotion without letting it overwhelm you
- Discuss emotions openly, sensitively and without judging others
- Understand the importance of being in touch with their emotions in order to maintain good mental wellbeing
- Describe actions they can take in order to be more resilient, in particular with reference to their learning

By the end of this module, pupils **COULD** be able to...

- Reflect on their current emotional state and adjust their behaviour if necessary to help themselves feel more positive

William Ellis School Aims:

- To facilitate discussion on the range of emotions that we all experience
- To discuss ways of managing difficult emotions, focusing on healthy ways such as talking to others
- To examine what makes each of us happy, including the scientific research that says it is linked to spending time with and helping others
- To consider what resilience looks like and how to be more resilient in school and in life in general

Statutory Requirements—What pupils should know:

- how to talk about their emotions accurately and sensitively, using appropriate vocabulary
- that happiness is linked to being connected with others

Key Words:

An emotion - a feeling such as happiness, love, fear, anger, or hatred, which can be caused by the situation that you are in or the people you are with

Emotion - the part of a person's character that consists of their feelings, as opposed to their thoughts

Resilience - the ability to recover from difficulties in life, including change, and be happy and successful again

Consistency:

All lessons should begin with a starter to settle the class. Students should write the date and title in their book before use. The three lessons should be planned as a sequence, with the above learning outcomes. These will be made explicit to the students. The lessons should include activities that allow the teacher to gauge how fully these learning outcomes have been reached.

Learning Outcomes

By the end of this module, pupils **WILL** be able to...

- Give examples of positive and negative emotions
- Recognise an emotion that they are currently experiencing
- Give examples of healthy ways to deal with difficult emotions
- Recognise something that always makes them happy
- Give examples of things that have been scientifically proven to make humans happy
- Define resilience

By the end of this module, pupils **SHOULD** be able to...

- Understand that you can experience an emotion without letting it overwhelm you
- Discuss emotions openly, sensitively and without judging others
- Understand the importance of being in touch with their emotions in order to maintain good mental wellbeing
- Describe actions they can take in order to be more resilient, in particular with reference to their learning

By the end of this module, pupils **COULD** be able to...

- Reflect on their current emotional state and adjust their behaviour if necessary to help themselves feel more positive

William Ellis School Aims:

- To facilitate discussion on the range of emotions that we all experience
- To discuss ways of managing difficult emotions, focusing on healthy ways such as talking to others
- To examine what makes each of us happy, including the scientific research that says it is linked to spending time with and helping others
- To consider what resilience looks like and how to be more resilient in school and in life in general

Key Words:

An emotion - a feeling such as happiness, love, fear, anger, or hatred, which can be caused by the situation that you are in or the people you are with

Emotion - the part of a person's character that consists of their feelings, as opposed to their thoughts

Resilience - the ability to recover from difficulties in life, including change, and be happy and successful again

If you have found this topic has resonated with you or you would like to learn more see below...

Where can I get support?

If you are worried about yourself or a friend please speak to an adult that you trust. In school this could be a form tutor or any other grown up that you feel comfortable with.

If you are not ready to speak to someone that you know, Childline is a free, private and confidential service where you can talk about anything. You can call for free on [0800 1111](tel:08001111) or get in touch online at <https://www.childline.org.uk/>. You will not have to give your name and they will not tell your parents or the school that you have called.

Things happy people have in common...

- they do things for others, for example give money to a homeless person or help someone carry their shopping
- they look after their bodies, for example by exercising or by getting enough sleep
- they spend time nurturing their relationships with friends and family, for example having dinner with their parents or playing football with their friends
- they have goals and things to look forward to, for example aiming to do better next time in a homework