

HEAD FIRST

Supporting Emotional Health & PSHE in Schools

Lesson Plan: Dealing with Negative Emotions



KEY STAGE: 1

Session Overview:

To explore the feelings that children experience and how these impact on their behaviour.

Aims and objectives:

1. For children to identify the impact of negative emotions on themselves and others
2. For children to start questioning their own emotions and how they handle them

Session Type: Activity and discussion based

Materials needed: None

Learning outcomes:

- Children will be able to identify and differentiate between positive and negative emotions
- Children will be able to start considering how their emotions impact their behaviour

COVID-19 – Supporting Pupils

During this unprecedented time anxiety and feelings of worry and concern will be heightened and the emotional health and well-being of everyone, whether they are ill or not, will be tested.

This is true for all of us including children and young people, especially those who are vulnerable or have pre-existing emotional or mental health difficulties.

To support our schools we have adapted some of our existing lesson plans to support any work with pupils who may still be in school.

These lesson plans and resources are those we feel are best placed to support pupils during this difficult time.

You can also send these lesson plans to parents who may be looking for resources and guidance to support work they may be completing at home with their pupils.

We remain open during the pandemic but our staff are working from home, if you need to contact us please email the office rather than phone. Please be patient as it may take us longer than normal to respond to your query.

Dealing with Negative Emotions

1. Start with a board blast and ask the children in the class to shout out as many different feelings or emotions that they can think of. Some of the more common ones will be 'sad', 'happy', 'angry', 'bored' etc.
2. Following on from this, split the children into groups and ask them to group the emotions into 2 categories - positive or negative emotions. If required, you will find a table and flashcards to assist with this activity at the end of this lesson plan.

Children may find this very easy to do at first, so try to facilitate a discussion around their decisions.

For example, most children will recognise 'anger' as a negative emotion, so we should pose the question of "Is anger negative, or is it our reaction to something that is negative?"

Children should identify that their behaviour is what may be perceived as negative or positive, and not necessarily the emotion or feeling that they are experiencing.

Dealing with Negative Emotions

3. To finish up, ask the children to think of all of the things that they do when they feel angry, sad or upset and you will find that you are identifying existing competencies in children that they use to positively manage their own emotional health.

Use this to facilitate a discussion to help improve how they deal with negative emotions.

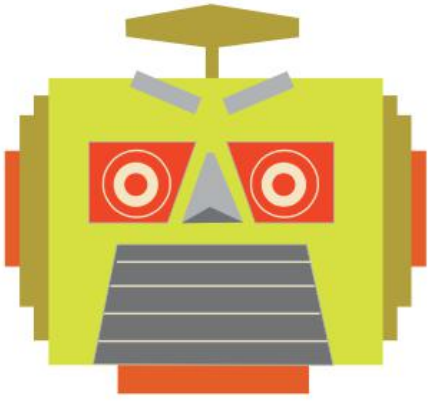
4. Close the session with this statement:

'All of us will be experiencing strong emotions at the moment as things are not normal.'

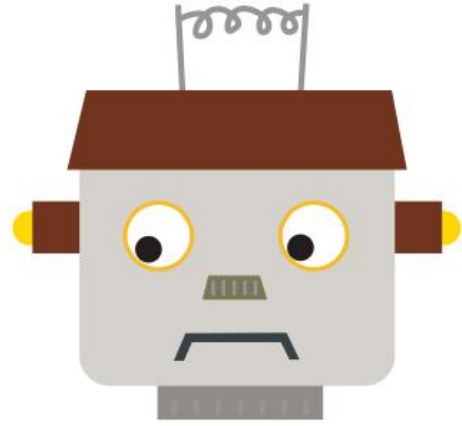
This is fine but you should make sure you speak to those people who support you at this difficult time if you are finding things difficult.'

POSITIVE EMOTION

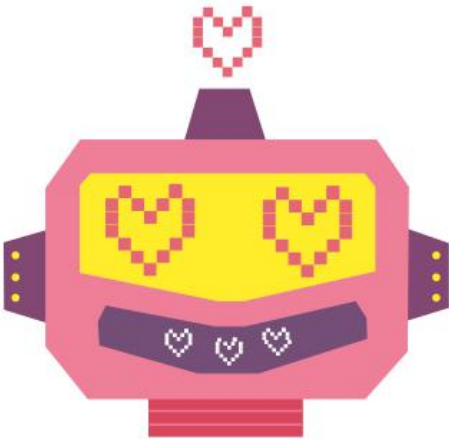
NEGATIVE EMOTION



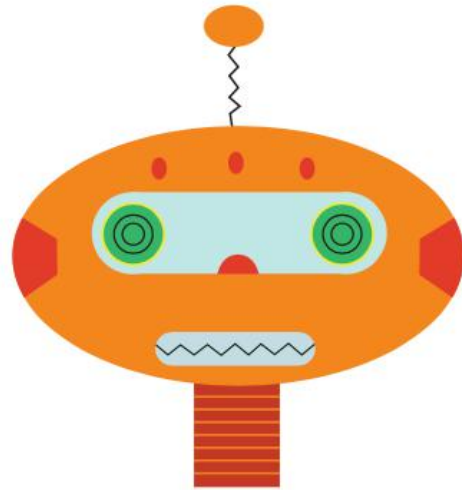
angry



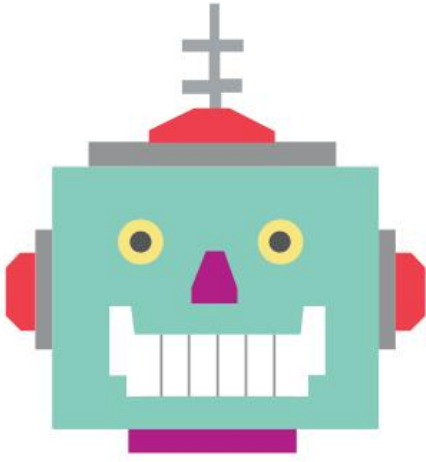
disappointed



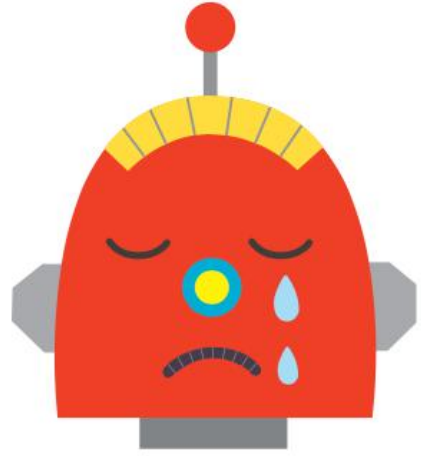
in love



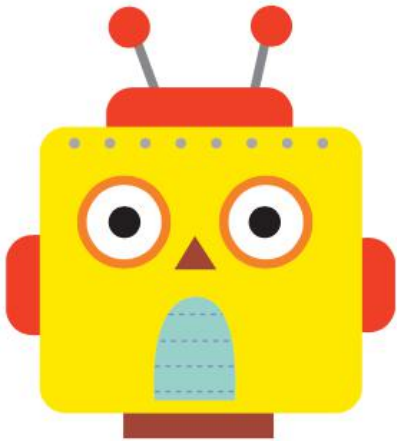
scared



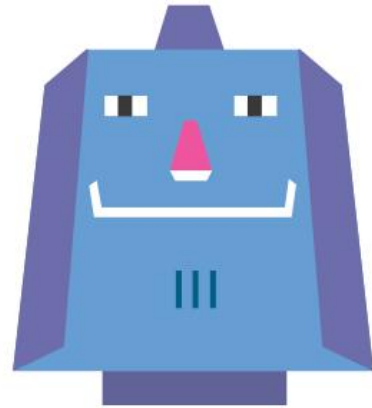
happy



sad



surprised



proud