

HEAD FIRST

Supporting Emotional Health & PSHE in Schools

Lesson Plan: Where Emotions are Felt



KEY STAGE: 1

Session Overview:

This session aims to encourage young people to think about their emotions, when they feel them and where in their bodies they feel emotions.

Aims and objectives:

1. To introduce our emotions
2. To explore how behaviours and emotions are connected

Session Type: Activity and discussion based

Materials needed: Coloured pens

Learning outcomes:

- Recognise how emotions 'feel' in our bodies
- Recognise that different behaviours usually mean a person is experiencing a particular emotion
- Identify and recognise factors and influences on their emotional state

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.

Introduction

NOTE - We recommend that the following welcome / introductory statement is delivered as a key part of the introduction phase of the session - you can add to or change the wording but please ensure that the main points are always covered.

'In this lesson we are going to think more about emotions and how they make us feel.'

'We are going to look at the emotions we have discussed in lessons before and think about where we think or feel these emotions in our bodies.'

'This will help you recognise when you are feeling emotions and help you manage them.'

Emotions Activity

1. Using the body maps at the back of this lesson plan, give each pupil a print out and ask them to fill in where they think they feel certain emotions, ignoring the instructions at the top of the pages for this part of the activity.

Use red for what they consider to be 'bad' or 'negative' emotions and green or blue for 'good' or 'positive' emotions.

PROMPTS: You might want to explain to your pupils that sometimes our bodies feel our emotions. For example, if we are nervous we might get butterflies in our stomach or if we are happy our heart might beat faster for example.

2. After your pupils have completed the body map worksheets ask them what a person who was feeling those particular emotions would think or say and encourage them to write the answers in the speech bubbles beside each emotion.

Speaking about Emotions

3. Reinforce that your pupils have just talked about their feelings by completing the speech bubbles, tell them how positive this is and now ask them the following questions:

- Do you think it's a good idea to talk about our feelings?
- Do you know who you can talk to when you have feelings which are difficult?

Closing up the Session

4. Bring the session to a close using the following statement;

'So today we have started to think about how our bodies feel when we feel certain emotions.'

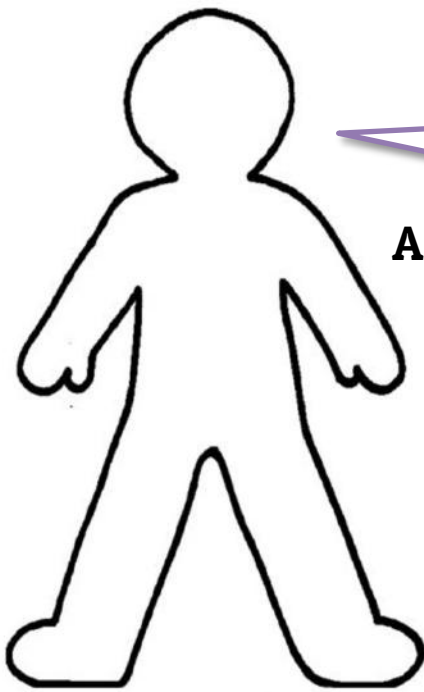
'We have also started to think about talking about our emotions and we have looked at how important this is.'

'Remember there isn't anything you can't talk to someone about and everybody, including adults need to talk to people about our emotions sometimes.'

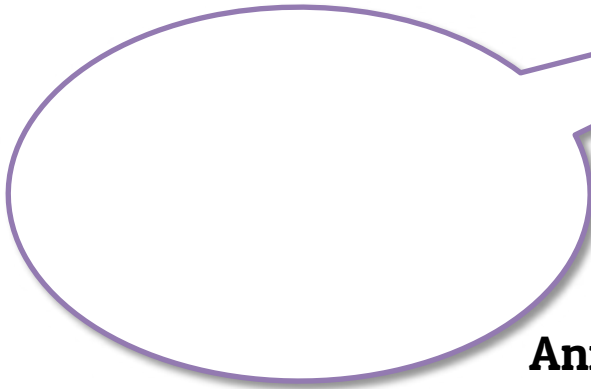
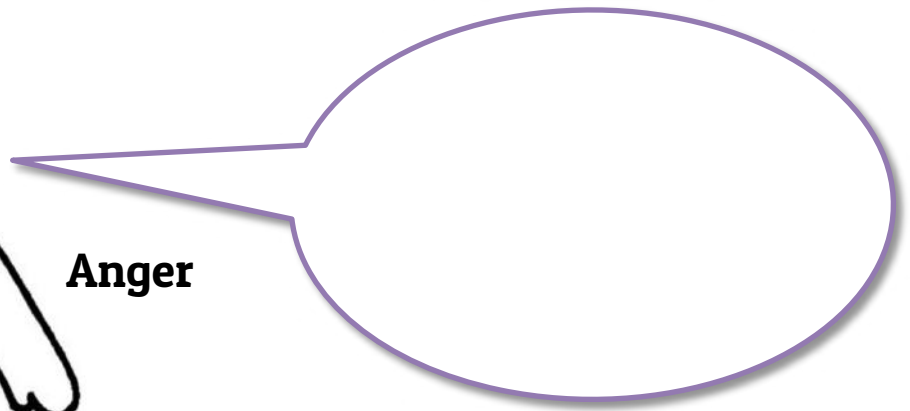
'I'd like you to think about those people in your life who can help when you need to talk and if you need to speak about anything you can always talk to me!'

'Thank you for all your hard work today.'

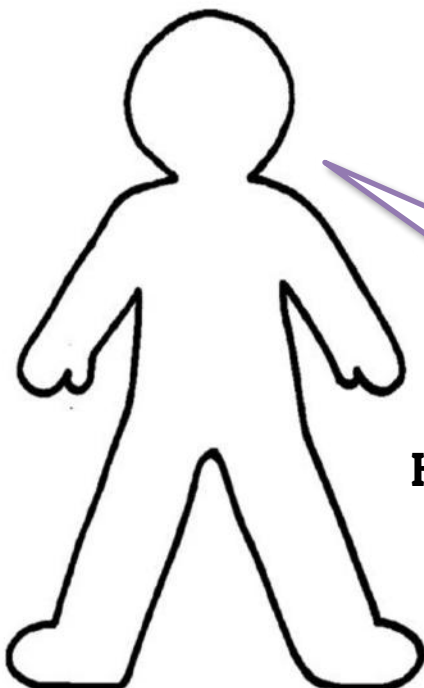
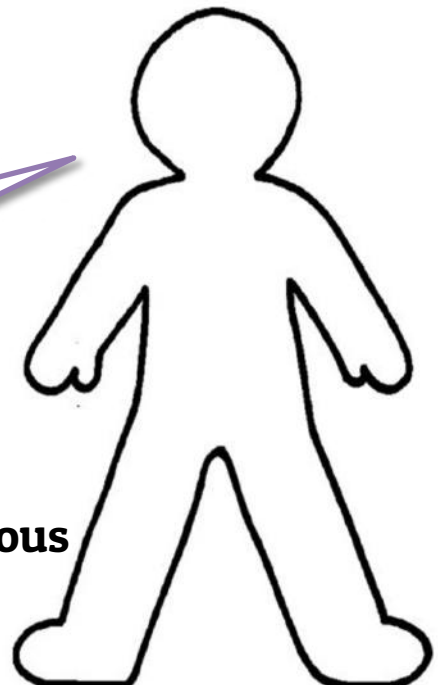
Colour in where you feel certain emotions. Then write down what you think someone would say when they are feeling those emotions!



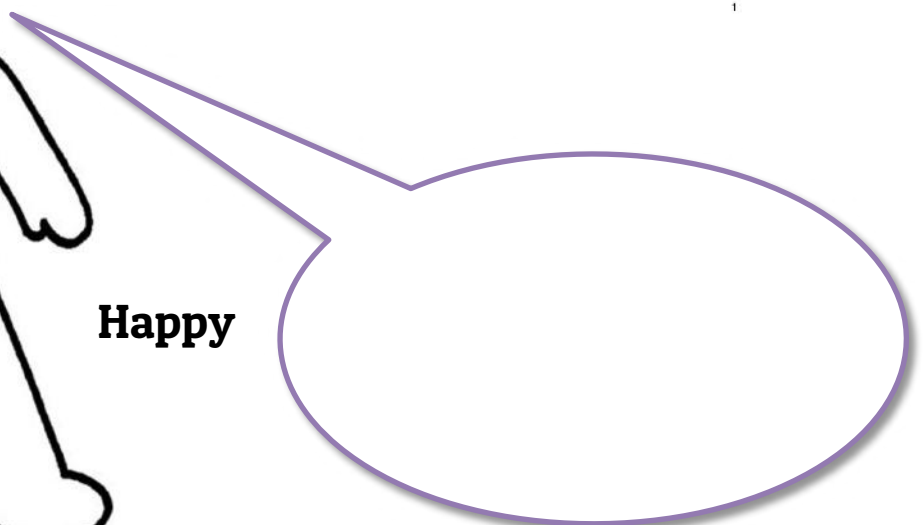
Anger



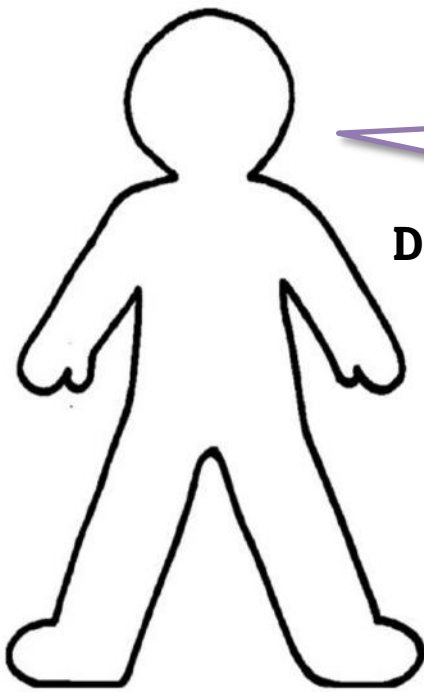
Anxious/nervous



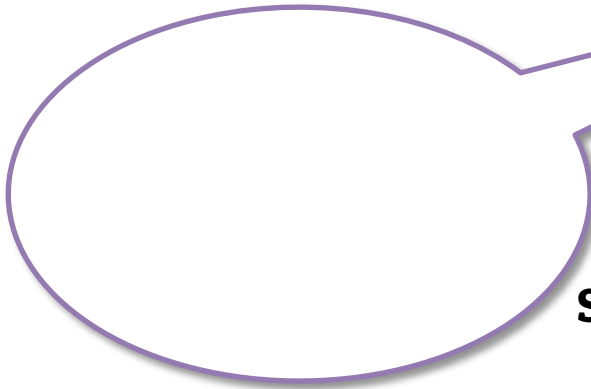
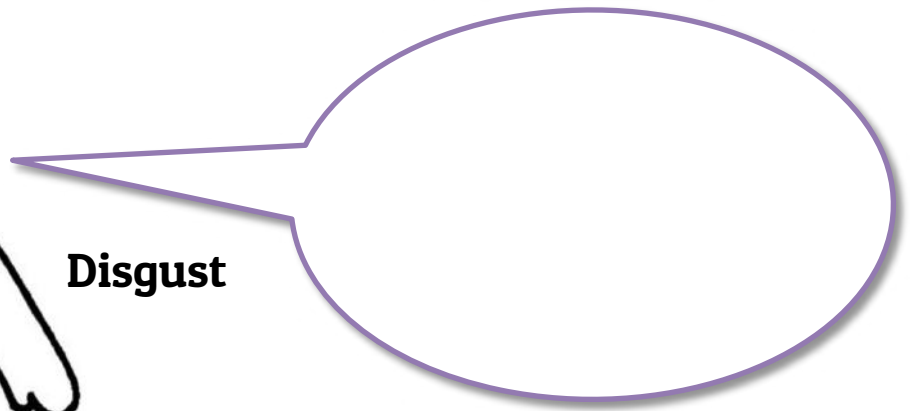
Happy



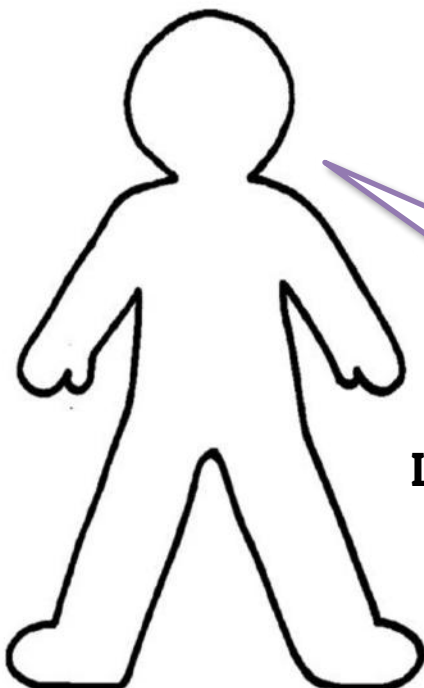
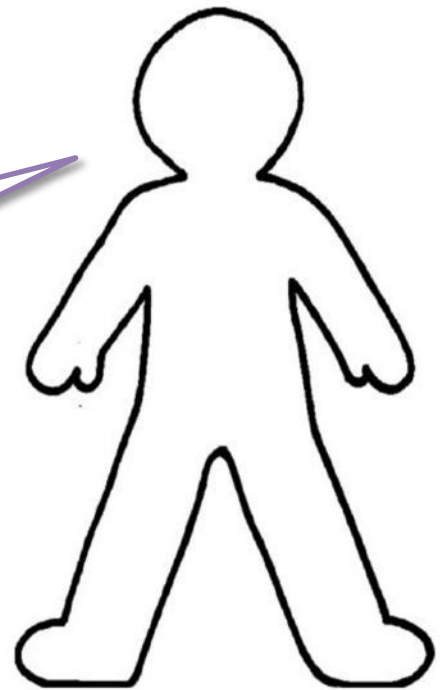
Colour in where you feel certain emotions. Then write down what you think someone would say when they are feeling those emotions!



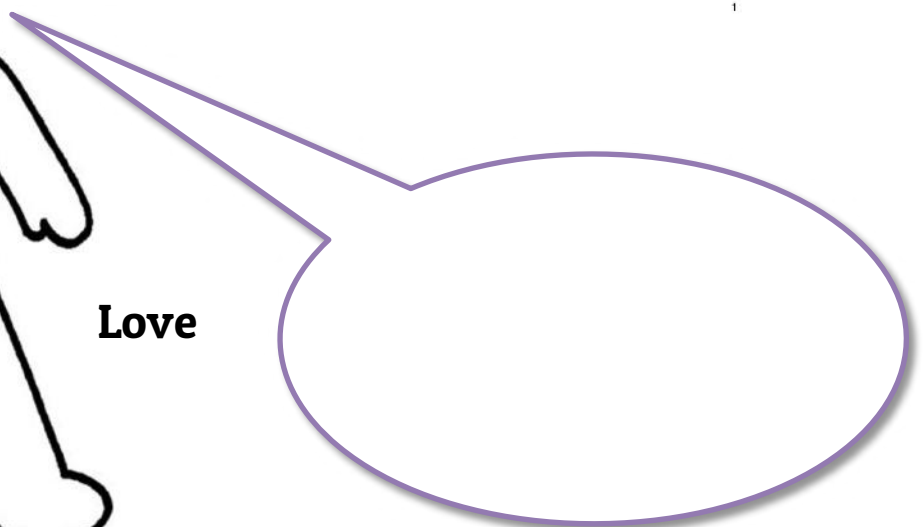
Disgust



Sadness



Love



Colour in where you feel certain emotions. Then write down what you think someone would say when they are feeling those emotions!

