# **Lesson Plan 1**

|  | **Session:** Recognising emotions | **Year Group:** Year 6/ Year7 |
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| **Area of Learning:** | **Learning Objective:** I can recognise my emotions and emotions of others.  **Success Criteria:**  List different emotions.  Give examples of positive and negative emotions.  Match emotion names to facial features. | **By the end of the session the children will have:**  Built on previous knowledge regarding recognising different emotions. |
|  | **Progression of Learning and Teaching: Key Teaching Points.** |
| **Introduction:**  5 mins | Explain to children they will be looking at their different emotions.  Put children into groups or pairs ask them to talk about different emotions that they experience daily/weekly.  Ask all children to write on post its the different emotions they can think off.  On the board have 3 columns, POSITIVE Emotions, NEGATIVE Emotions, NOT SURE. Ask children to bring up the post its and place in the column they think they go.  Read through the emotions, asking children; when do they feel ‘X’ emotion? how do you know you feel that way? Are they a positive or negative emotion? Can we turn a negative emotion into a positive emotion? | **Resources:**  White board/interactive board or A3 paper  Emotions worksheets  Safety mirrors (if available) |
| **Activities:**  10 mins | Working in pairs, ask the children to make different expressions on their faces to represent different emotions, the child not making the expression has to guess the emotion the other child is acting out. Take turns.  Bring class together to discuss the following questions;  How well can you recognise an emotion on another child? How should we act if we feel that way? What should we do if we see someone else displaying their emotions? | **Key Questions:**  When do they feel ‘X’ emotion?  How do you know you feel that way?  Are they a positive or negative emotion?  How well can you recognise an emotion on another child?  How should we act if we feel that way?  What should we do if we see someone else displaying their emotions?  **Key Vocabulary:**  Emotions, feelings, positive, negative |
| **Plenary:**  5 mins | Use the worksheets to gauge their understanding. | **Differentiation:**  Children to work in mixed ability group to support each other. Worksheets differentiated, use which ones are relevant |