Week 1 - Teacher Overview

* This week focuses on recognising emotions and how change can make us feel
* The activities help children to understand that change is both exciting and worrying and that these feelings are normal
* Add on activity: the children can list what they think will be different about high school - and how they feel about these things and that others have similar feelings about starting high school

Activities available:

* Video introduction
* Class lesson: Recognising emotions (lesson plan 1)
* Emotions worksheets (accompany lesson plan 1)
* Activity: Emotions game (lesson plan 2)
* Suzie’s story (video resource)
* Downloads: Mood tracker (arts & crafts)

**Sharing the intro video:**

The introduction video sets the scene about coping with change and developing skills. Sometimes change can feel challenging and difficult, but change is part of growing and developing.

**Key messages:** Feeling anxious, worried or nervous is a natural reaction to a new situation. This is our brain’s warning system to keep us safe. Worrying makes us stop and think before doing something. These worries are normal and during the Skills to go BIG! sessions we’ll be sharing tips to build the children’s skills to enjoy this new challenge.

**Recognising emotions**

This session aims to support children in recognising their own and other’s emotions and feelings (see session plan 1).

* The session helps develop understanding that change brings both positive and negative emotions and this is normal.
* This session includes thinking about facial expressions and how this can help us understand how someone may be feeling
* Asks children to think about the feelings behind the emotions. If you feel this way how might you act or behave? How might someone else feel or behave?

Emotions Worksheet: asks children to consider different scenarios and draw the facial expressions that may match the situation

* 2 activities which can be used together or allocated for differentiated ability groups

**Emotions game (lesson plan 2):**

Recognising that others have the same or similar emotions and feelings to me about going to high school

Resources: jar, post-it notes, 3 x A4 sheets of paper

**Suzie’s story (video)**

A short video to show that everyone has similar worries about new places and situations

The ending can start a discussion if you wish to extend the activity - Is Suzie a student or teacher - what do the children think and why?

**Arts & crafts: mood tracker**

Colouring activity to map out feelings and emotions