

# Session plan

## Emotional wellbeing 1A1

Outcome	Demonstrate how to talk about emotions
Resources	<ul style="list-style-type: none"> <li>• Emotion eggs resource sheet</li> <li>• Thesaurus</li> <li>• Body outline template resource sheet</li> </ul>
Learning context	Independent, group work
Curriculum areas	PSHE, expressive arts, English
PSHE skills	Personal wellbeing, Living independently

Starter	Time allocated ⌚
Introduce the emotion eggs resource sheet. Use the eyebrow and mouth shapes to build faces that represent a particular emotion.	5 minutes
Students work independently to build faces.	10 minutes
Students guess the emotion that they think other students' faces represent. Ask them to explain why they think this; it may be useful to capture some of the vocabulary used by the students to use it later.	5 minutes
Main lesson	Time allocated ⌚
Choose a particular emotion and discuss the physical feelings and actions that you might exhibit when feeling this emotion. Demonstrate the labelling of a body outline template. Put students in groups and give them an emotion, such as: happiness, sadness, anger, frustration, disappointment, fear, anxiety, upset, stressed.	10 minutes
Students work in groups to produce their body outline templates. Encourage them to use words, but pictures might be helpful for students that are struggling.	20 minutes
Choose groups to explain their work to the class. Collect the templates for use in the next session.	10 minutes
Independent challenge	
<ul style="list-style-type: none"> <li>• Create a vocabulary list to describe how you feel when experiencing common emotions (eg anger, happiness, sadness).</li> <li>• Create a presentation that shows how someone might feel when experiencing common emotions.</li> </ul>	
Challenge wrap up	Time allocated ⌚
Review the importance of talking about emotions and being confident about talking about how you feel as a way of coping with emotions.	5 minutes
Students share their presentations from the independent challenge.	15 minutes

### 💡 Ideas

Further sources of information:

- <https://www.mentalhealth.org.uk/your-mental-health/looking-after-your-mental-health/talk-about-your-feelings>
- <https://kidshealth.org/en/kids/talk-feelings.html>

# Emotion eggs

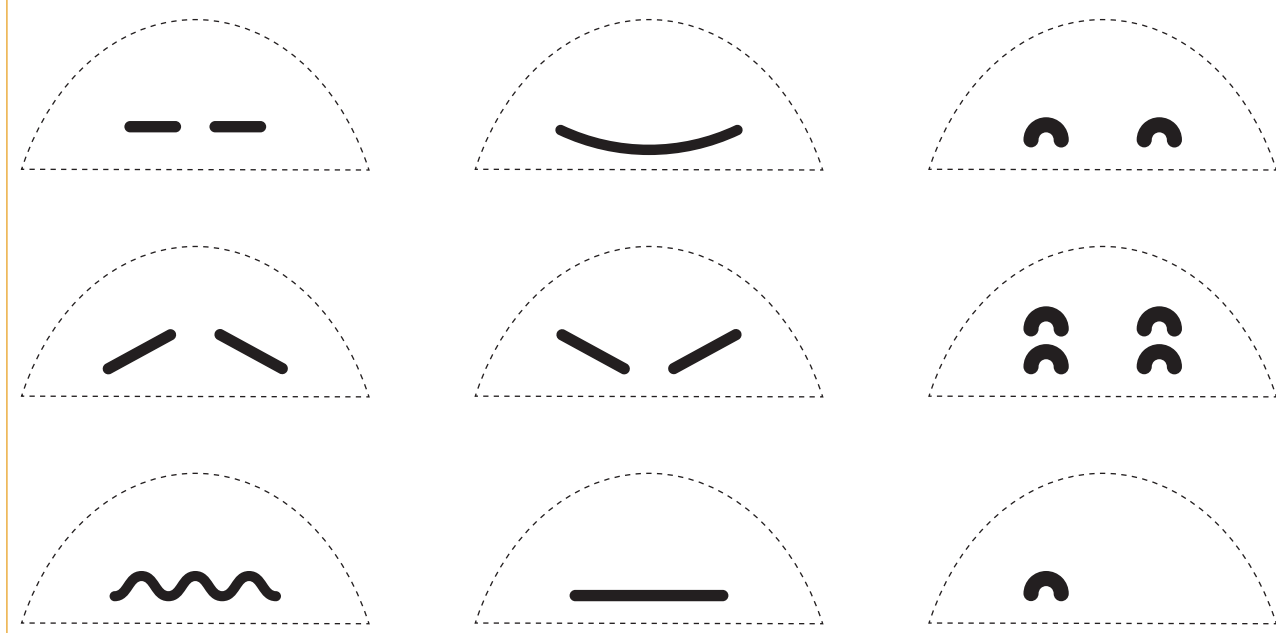
PSHE Short Course: Module 1 Emotional wellbeing

Challenge: 1A1

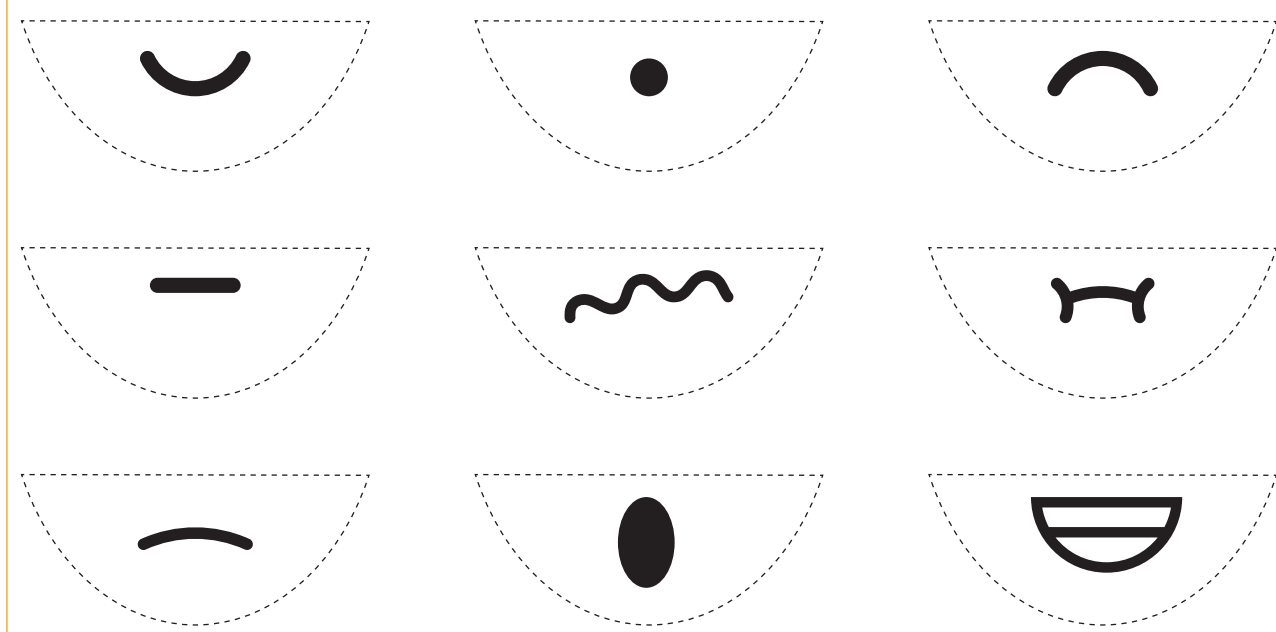
## Instructions

Cut out or copy the eyebrow and mouth shapes to use on the emotions eggs templates to create different emotions and expressions.

### Eyebrow shapes



### Mouth shapes



# Emotion eggs

Name:

Date:

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