

emotion works ...an introduction for parents

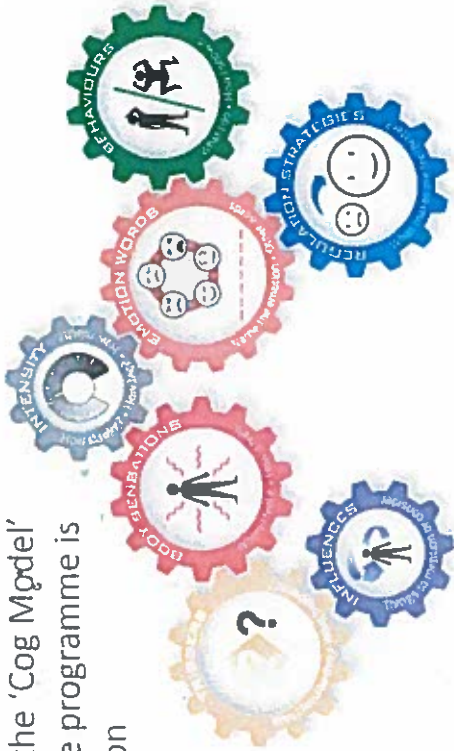
Putting **LEARNING**
at the heart of
EMOTIONAL WELLBEING



Emotion Works is a practical and colourful educational programme designed to help children

- learn emotional language
- develop emotional understanding
- manage and regulate their emotions

This is the 'Cog Model' that the programme is based on



It breaks the topic of emotion down into 7 different parts, but also shows how each part links together to help children understand how 'emotion works'

Understanding about the 7-cog model is tricky, but by upper primary most children can use it to talk and learn about emotions in stories and real life



7 COGS

With younger pupils it's easier to teach about these 5 cogs first

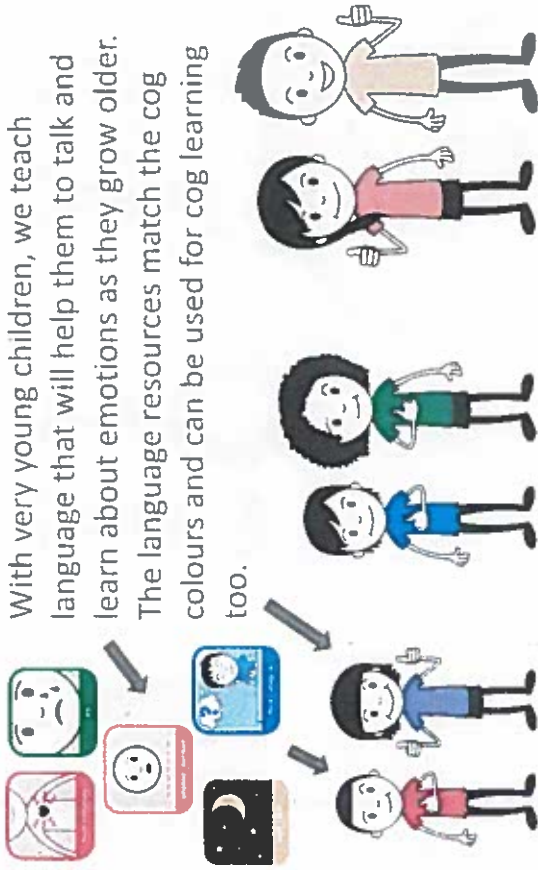


We can talk about emotion in stories, songs, art, and real-life to help learning



5 COGS

With very young children, we teach language that will help them to talk and learn about emotions as they grow older. The language resources match the cog colours and can be used for cog learning too.



words

emotion works

Here's a closer look at the 5-cog model



This is the main model Primary Schools introduce to all learners and could be used at home...

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Using the 5 cogs at home

If your child is interested in sharing their Emotion Works learning at home you could have a go at making a cog picture or model like this one. (Or school could send one home)

Then you will have something to look at to help with your emotion conversations.

When you, your child or someone else in the family has an emotional response to something, you could use the cogs to help notice what's happening in the moment, or talk about it after it happened.

You could also use the cogs to talk about how characters feel in books, movies or on TV. It also works for observing people in real life, on the news, playing sports, on holidays etc.



How to talk about each of the cogs

Orange cog – name it

Which emotion word best describe how you feel? (Or the other person / character)
You might need to make some suggestions to move beyond 'happy' or 'sad'.

Red Cog – notice and describe the sensation

Acknowledge how it feels inside – where do you feel it in your body?
What does it feel like? (eg. in my tummy, tense muscles, dry mouth)

Yellow Cog – I don't know, I can't think of it

Ask: What made you feel this way? Why are you...? Was it because...? (there are lots and lots of reasons why we feel different emotions!)

Green Cog – our behaviours when we're feeling emotional

What did you do to show this feeling to others? (Using your face, body, actions, words). Is this behaviour ok? What else could you do?

Blue Cog – Regulate to feel better

What things (strategies) could you do to calm down, cheer up or feel safer? Again, you may need to make suggestions.

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