

Session Overview – Year 3

Emotional Literacy

Our feelings

This first session will encourage the students to start thinking about feelings and their feelings as individuals. We will complete some 'I feel' statements and feelings timelines. By the end of the session, they will have a greater understanding of their own emotions and emotional triggers.

Identifying feelings in our body

It can sometimes be difficult to figure out exactly what we feel about a situation. This session aims to help young people learn about different sensations we might physically experience and how what's happening to our physical body can tell us how we feel.

Self-Esteem

A Kind Mind

This session challenges the students to consider what kindness means to them and consider whether specific actions are kind or not. We will encourage group discussion and reflection towards the end of the activity and think about the consequences of unkind actions.

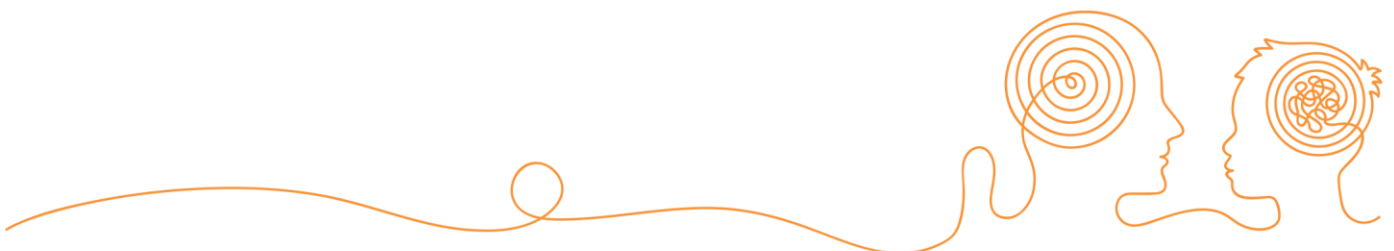
Shield of Positivity

This is a fun and creative activity session designed to engage the students to focus on the positives about themselves. We will work with the students to create their very own shields of positivity. The activity aims to get the students to focus on their strengths and what they like about their lives.

Positive Relationships

Spread the joy (compassion)

Following on from the Kind Mind session, we introduce compassion and empathy into discussion. This session aims to get the students to think about what compassion is and empathy and why are they important in our relationships. As a class, we will also consider how we can demonstrate compassion and empathy in our relationships.



Identifying your support system

It is important for us all to know we have a support system around us that we can use when we need some support. Each student will create their own support system in a fun and interactive way and hopefully increase the student's confidence in approaching someone if they needed support with their mental health.

Coping Skills

Music and our mental health

Music can be an amazing tool to communicate about our feelings and express emotions we struggle to articulate. This session will help inform students about how we can use music to support our mental health.

Journaling Session

Many young people know that writing down their feelings can be helpful but don't know where to start. This session aims to make journaling fun and accessible. We will provide useful topics we can think about and promote each student's creativity.

