

## **Year 9: Know Yourself**

### **Introduction**

The three lessons on emotional intelligence in year 9 will focus on the self-awareness component of emotional literacy. Pupils will be encouraged to consider how they react to different situations, to recognise their own feelings and the feelings of others, what triggers different emotions and how they manage them.

### **Resources Required**

Mindset + instructions + thought processes  
Footprint accessed individually  
Role play to be issued to groups of 2  
Whiteboard and pens

### **Aim**

To introduce the footprint form and help them understand how to fill it in accurately.

### **Activity 1**

Teacher to go through the idea of thought processes, mindsets and the instructions on how to access and fill in the footprint form.  
(5 mins)

### **Activity 2**

Pupils to work individually and silently on filling in the footprint form online.  
(20 mins)

### **Aim**

To identify different emotions and acknowledge that people experience them in different ways.

### **Activity 3**

As a class group, brainstorm the possible feelings you may experience when presented with a new and unexpected situation. Write the answers on the board and group similar feelings together and summarise so that you come up with a list of "basic" emotions:

**Interest, Fear, Surprise, Sadness, Anger and Happiness**

Discuss what type of situations may trigger the different responses and point out that the same situation may cause differing reactions in different people (eg meeting new people can be interesting but also scary)  
(10 mins)

### **Activity 4**

Divide the class into pairs and issue one of them with the scenario and the other with the response. They have to act out the role play as realistically as they can with the responder indicating how they are feeling in any way they can, apart from stating it explicitly.  
(10 mins)

### **Activity 5**

Reassemble the whole class and, in turn, ask the scenario giver how they thought the responder was feeling and reacting to the situation.

How could they tell? What do they think the reason would be for them feeling like this?

Ask the responders how they conveyed their feelings, what clues they gave and why they felt like this.

Hopefully they will talk a little about body language, tone of voice and so on.

Summarise by talking about different emotions, how different people may express how they feel and how we all react differently in any given situation.

### **Role Play**

You are 14 years old and have been at your senior school for a few months. Things have been very stressful at home for about a year. Your dad's job was under threat for about a year and then he was made redundant 4 months ago. He has spent lots of time applying for a range of jobs but has had no luck. Finally last week he was offered an amazing position in a new firm. However, this job is in California and it means that your dad will fly out there next month and the rest of the family will join him there at the end of this term. You will be starting a new school (seems very like Beverley Hills 90210 from the brochure!) and your new house will be big and luxurious with a swimming pool and a tennis court. You will be sad to leave Felsted but the thought of living in California with lovely weather, fantastic beaches and beautiful people is really exciting. Your mum and dad are happy again and are telling you how wonderful it will be. You are now going to tell your best friend all about this.

### **Response 1**

#### **Interest**

You have never been to America but have watched lots of programmes like "Beverley Hills 90210", "One Tree Hill", "Gossip Girl", "The Hills". You want to hear all about this and see the brochures and pictures that your friend has.

### **Response 2**

#### **Fear**

You have only just started to settle in at Felsted. Nobody else from your prep school came here and you have found it difficult to make friends. Now you hear that your best friend is leaving and you cannot imagine how you will cope at school without them. Who will you go to lunch with? Who will you share a study with.....

### **Response 3**

#### **Surprise**

You have always privately thought that your friend's dad was a bit of a loser and you cannot believe he has managed to get such a brilliant new

job. Your dad says he is “as much use as a chocolate teapot” and you had really thought that it would take him ages to get a new job

#### **Response 4**

##### **Sadness**

You and your friend have been best friends since you started pre-prep together and you feel very sad that you won't see them every day. You are such good friends, you know you will stay in touch and visit and so on, but it feels like the end of a really important phase of your life.

#### **Response 5**

##### **Anger**

You feel really angry that your friend is leaving you. Your dad lost his job at the same time as his did and the only other employment he has been able to find is something in Manchester and a fraction of his previous salary. You are going to have to leave Felsted as well, but will not be sunning yourself in California!

#### **Response 6**

##### **Happiness**

Your friend has been unhappy and anxious for months, really worried about the future and if the family would be able to stay together. You are delighted to see him/her so happy and excited and although you will miss each other. You hope for some cool holidays in California!