

Key Aspects: Self-Awareness - Managing Feelings

The theme provides learning opportunities that encourage pupils to become more aware of how they are feeling; express their emotions more richly and fully, through their words, faces, voices, tone and body language; gain strategies for managing their feelings; and use this understanding to behave more appropriately, make better choices, learn more effectively and build better relationships with others.

Pupils might like to keep a learning log as part of this theme. This would allow them to keep a record of how their feelings about the theme, and what happens to them, change over the week.

At the end of this theme there are three additional learning opportunities that are designed to help pupils review and reflect upon the whole years work.

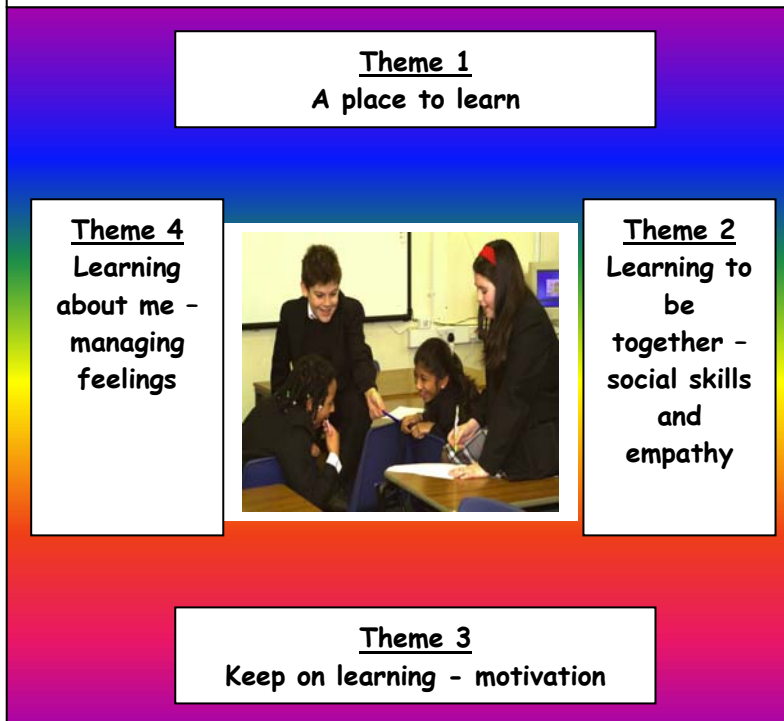
Links to Primary Themes - Good To Be Me and Relationships

Key Aspects: Motivation - Social Skills - Empathy - Self-Awareness - Managing Feelings

The theme provides learning opportunities that encourage pupils to:

- develop the social and emotional skills that help them to understand and cope with change;
- understand and actively participate in the building of a school and class climate that promotes social and emotional learning;
- reflect upon themselves as individuals with unique skills and talents, within a range of groups that make up a learning community;
- understand and help create a class community where all members feel safe and that they belong.

Links to Primary Themes - New Beginnings and Changes



Key Aspects: Motivation - Self-Awareness

This theme focuses primarily on two of the social and emotional aspects of learning: self-awareness and motivation. The theme provides opportunity for pupils to reflect upon themselves as individuals and to consider how and when they learn best within the larger and more complex learning environment of the secondary school. There is an emphasis on encouraging pupils to keep a balanced approach between the increased demands on their time and encouraging them to recognise the importance of goal-directed behaviour, optimistic thinking and taking responsibility for their own success and mistakes in reaching their goals.

Links to Primary Theme - Going For Goals

Key Aspects: Social Skills - Empathy

Theme 2 focuses primarily on the social and emotional aspect of learning; social skills with a secondary focus of empathy. It is designed to promote the skills of interpersonal relations that are required as the pupils establish themselves in their new school, form new relationships both within and outside the classroom and balance the competing needs that this situation requires.

Many of the learning opportunities in this theme require pupils to work together either in pairs or small groups and this provides an opportunity for them to practice the skills they are learning.

An important aspect of this theme is that of empathy and this will be considered and developed throughout all the learning opportunities.

Links to Primary Themes - Getting On And Falling Out and Relationships