



'Zoomanji' Activity Pack: Lesson 2

Lesson Title: Don't Heat Up

Description: This lesson aims to make pupils aware of situations which may cause them emotional distress and provide them with the tool to prevent an emotional outburst.

Learning Intentions	Activity	Resources	Points to Note
<p>Pupils will:</p> <ul style="list-style-type: none"> ▶ Understand how different situations may impact their emotions and how to respond to these. ▶ Be able to implement strategies to help deal with emotional outbursts. ▶ Be able to develop skills in critical thinking and groupwork. 	<p>Introduction</p> <ul style="list-style-type: none"> ▶ Play the audio entitled 'Lesson 2, Audio 1' – in this video, Emily's best friend Katie talks about how Emily's actions are impacting others. Katie will explain how the emotion thermometer works. ▶ This should be followed by a class discussion, in which the teacher will recap on the emotions thermometer and the children may give examples of some emotions they may feel. 	<ul style="list-style-type: none"> ▶ Katie's audio: Lesson 2, Audio 1 & Transcript. ▶ Katie's audio: Lesson 2, Audio 2 & Transcript. ▶ Emotions thermometer template worksheet. 	<ul style="list-style-type: none"> ▶ Cross-curricular links – PDMU; Literacy (Talking and Listening). ▶ Drama character link: Emily. ▶ Instead of playing the audios, teacher may wish to read 'as Katie' if so, transcripts are provided.



	<p>Main Activity</p> <ul style="list-style-type: none">▶ In groups complete a Think, Pair, Share exercise discussing what causes us to become angry and how we can prevent emotional outbursts.▶ Each pupil will be given an emotions thermometer template, on which they will record something that makes them angry or upset. On the other side the pupils will then record something that helps them to regulate.▶ Pupils will then colour their emotions thermometer according to how the action makes from feel.▶ Cut out the arrow from the template. Then add blu tac to the back, pupils can move the arrow up and down on their thermometer to showcase what emotion they are feeling.		<ul style="list-style-type: none">▶ Differentiation: pupils can be paired in mixed ability groups to support the discussion elements of the task.▶ Remind pupils to only share what they are comfortable with.▶ A discussion surrounding how each pupil's problems are important and reminding pupils that each pupil's voice is valuable.
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Plenary

- ▶ In pairs ask pupils to explain their emotions thermometer to each other and discuss the situations which upset/ anger them and the interventions they have chosen.
- ▶ Play the video entitled 'Lesson 2, Audio 2' – in this, Katie will summarise the activity and its purpose.
- ▶ Finish with a short class discussion based on 'what you learnt about responding to situations that make your angry/upset?'

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