

Subject Statement – Emotional Literacy

Intent

Emotional Literacy Support is a fundamental part of our ethos at Oswaldtwistle school.

We believe that in order for young people to fulfil their full potential we must ensure that they have secure emotional and social skills and good self-esteem.

Emotional Literacy Support is an intervention to support young people throughout their time at Oswaldtwistle School with many different aspects which may arise at certain times. We recognise that young people learn better and are happier in school if their emotional needs are addressed. Emotional Literacy Support sessions are here to aid the young people to understand their emotions and help to manage them in a healthy and well-balanced way.

During our group Emotional Literacy Support sessions, we aim to provide support for a wide range of emotional needs such as:

- Recognising emotions and feelings
- Self-esteem
- Social Skills
- Friendship Skills
- Anger Management
- Loss & bereavement
- Anxiety

Throughout the term, different areas of Emotional Literacy will be visited with supporting staff following the lead of the young people in these groups, focusing on the aspects of their emotional wellbeing that they need the most support in.

The young people will be encouraged to revisit keywords given throughout the sessions to help expand their vocabulary in expressing and understanding their emotional needs.

Our Key Stage 3 Curriculum also includes Forest School & Equine Assisted Learning (EAL) sessions. The philosophy of Forest School & Equine Assisted Learning actively supports children & young people to develop good self-esteem and emotional

intelligence via experiential learning.

During Equine Assisted Learning sessions, the need to communicate with equines, and other animals, calmly and non-reactively promotes the skills of emotional awareness, emotion regulation, self-control, and impulse modulation. EAL aids participants to gain skills for coping with emotions and high stress situations, enhances their confidence levels, encourages exploration of different approaches to problem solving and reflection, as well as helping to acquire better understanding of thoughts, feelings and behaviours.

During Forest School sessions, we support children and young people to challenge themselves and find out more about themselves and their abilities. We allow them to take risks in a supported environment to test their boundaries and discover what they are capable of. We facilitate children and young people working together to overcome challenges and create ideas.