

INTERVENTION OVERVIEW

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| **NAME OF INTERVENTION** |
| Emotions Work |
| **AREA OF FOCUS (PLEASE HIGHLIGHT)** |
| ***COGNITION AND LEARNING*** | ***COMMUNICATION AND INTERACTION*** | ***SOCIAL, EMOTIONAL AND MENTAL HEALTH*** | ***PHYSICAL AND SENSORY*** | ***SELF-HELP AND INDEPENDENCE*** |
| **INTENT** |
| The Emotions Work strategy is a theoretically principled and comprehensively piloted educational resource that supports emotional learning and literacy to promote children’s emotional learning and communication towards wellbeing and improving outcomes. |
| **IMPLEMENTATION** |
| Pupils learn about the emotions wheel which initially identifies 5 key parts of an event that leads to strong feelings and behaviours. These are the triggers to the event, their own body sensations, identifying an emotion word to describe how they are feeling, their behaviour when this happens and regulation strategies to help them feel better. |
| **IMPACT** |
| Pupils will increase their knowledge of their own emotions and those of others. They will be able to identify regulatory strategies to help them manage their own behaviour and to identify why they react in certain ways to events. |