

| Emotional literacy skills – preparation for learning                                                                                                                                                                    |                                                                                                                                                                                                                                                                             | Curriculum planning                 |
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| <b>1. Self-awareness</b>                                                                                                                                                                                                | Learning focuses on:                                                                                                                                                                                                                                                        | Opportunities provided in planning: |
| <p>Young people understand who they really are and why they do the things they do, in the way that they do them.</p> <p>They learn about the full range of human emotion, and begin to describe their own emotions.</p> | <ul style="list-style-type: none"> <li>• Recognise and name a range of emotions</li> <li>• Know your strengths</li> <li>• Know your weaknesses</li> <li>• Know your roles and responsibilities</li> <li>• Respect and care for yourself</li> <li>• Like yourself</li> </ul> |                                     |
| Opportunities for collaboration with other subjects include:                                                                                                                                                            |                                                                                                                                                                                                                                                                             |                                     |

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| <b>2. Self-regulation</b>                                                                                                                                                                                                                                                              | Learning focuses on:                                                                                                                                                                                                                                                                                                                      | Opportunities provided in planning: |
| <p>Young people understand that they behave because of how they feel.</p> <p>They learn skills of effective communication and the ability to make more positive choices about their emotions, behaviour and desires in order to efficiently manage their learning and their lives.</p> | <ul style="list-style-type: none"> <li>• Effective, no-blame communication</li> <li>• Active listening</li> <li>• Understanding how interrupting stops communication</li> <li>• Separating feelings from actions</li> <li>• Think before you act – managing impulses</li> <li>• Anger as a cover emotion – your style of anger</li> </ul> |                                     |
| <p>Opportunities for collaboration with other subjects include:</p>                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                           |                                     |

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| <b>3. Empathy</b>                                                                                                                                                                                                       | Learning focuses on:                                                                                                                                                                                           | Opportunities provided in planning: |
| <p>Young people understand that other people also behave because of how they are feeling.</p> <p>They learn to share and accept another person’s emotions and points of view, an essential ingredient for teamwork.</p> | <ul style="list-style-type: none"> <li>• Accepting others</li> <li>• Tolerating differences</li> <li>• Appreciating others</li> <li>• Put yourself in ‘their’ shoes</li> <li>• Reflective listening</li> </ul> |                                     |
| <p>Opportunities for collaboration with other subjects include:</p>                                                                                                                                                     |                                                                                                                                                                                                                |                                     |

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| <b>4. Social skills</b>                                                                                                                                                                                                                                      | Learning focuses on:                                                                                                                                                                                                                                   | Opportunities provided in planning: |
| <p>Young people understand the importance of social skills for success in learning and in life.</p> <p>They learn to exhibit a range of different strategies to stay calm in difficult situations and feel good about themselves and their contribution.</p> | <ul style="list-style-type: none"> <li>• How does my behaviour affect others?</li> <li>• Make positive choices</li> <li>• Give and expect respect</li> <li>• Work well in a team</li> <li>• Learn from mistakes</li> <li>• Resolve conflict</li> </ul> |                                     |
| <p>Opportunities for collaboration with other subjects include:</p>                                                                                                                                                                                          |                                                                                                                                                                                                                                                        |                                     |

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| <b>5. Motivation</b>                                                                                                                                                                                                    | Learning focuses on:                                                                                                                                                                                                                                                                         | Opportunities provided in planning: |
| <p>Young people understand how to set their direction and persist with their goals.</p> <p>They gain the confidence to play a full part in their community, bringing improvements for others as well as themselves.</p> | <ul style="list-style-type: none"> <li>• How to set and review goals</li> <li>• How to achieve goals</li> <li>• Find solutions not problems</li> <li>• Evaluate and learn from mistakes</li> <li>• Be pro-active</li> <li>• Contribute to teams</li> <li>• Be the best you can be</li> </ul> |                                     |
| <p>Opportunities for collaboration with other subjects include:</p>                                                                                                                                                     |                                                                                                                                                                                                                                                                                              |                                     |