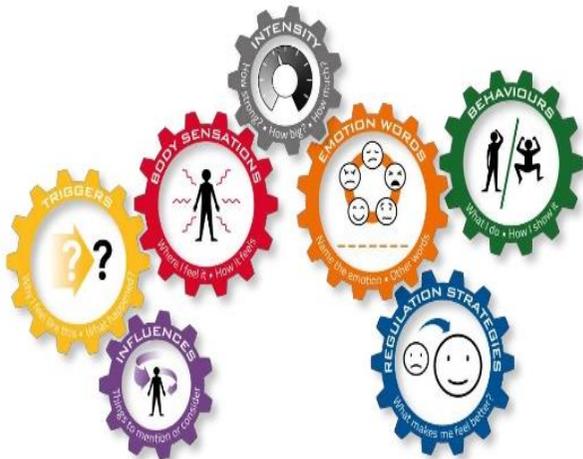


## Second Level

At second level we start to introduce the 'Seven Cog Model'.

The grey cog focuses on the intensity of the emotion i.e. on a scale of 0-10 how happy are you? A little or a lot.

The purple cog is the influences cog where we look at the wider context, thinking about if there is anything significant about the situation or the person involved.



## Emotion Works at Home

When your child has an emotional response to something at home, use the cogs to help them tell the story of how they feel and what has made them feel that way.

You could also do this when looking at how characters feel in books and films, or share some stories of your own. Talking through and rehearsing responses helps children learn how to cope with and react appropriately to different emotions.

5 steps to the discussion:

1. Name it - what emotion word describes how you feel?
2. Acknowledge how it feels inside - where do you feel it in your body? What does it feel like?
3. Triggers and Causes - what made you feel this way?
4. Behaviour - what did you do to show this feeling to others? Is this behaviour ok? What else could you do?
5. Regulate to feel better - what strategies could you use to calm down, cheer up or feel safer?



**Castle Douglas  
Primary School**

**Emotion Works  
Information  
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# About Emotion Works

Emotion Works is a colourful educational programme designed to help children to:

- Learn emotional language
- Develop emotional understanding
- Manage feelings and emotional behaviours

This programme is used throughout our school, from Nursery to Primary 7, to help our learners to understand, discuss and manage their emotions in a healthy way.

This is the 'Cog Model' that the programme is based on.



It breaks the subject of emotions into 7 different parts, but also shows how each links together to help learners understand how 'emotions work'.

## Early Level

With our youngest children we focus on building and developing emotional language. We encourage children to think about other **emotions**; moving on from just 'happy' or 'sad'.

## First Level

At first level we start to look at the 'Five Cog Model'.



The **yellow cog** helps us to think about various **triggers/causes** for different emotions. The **red cog** encourages us to think about how the emotion makes us **feel inside** i.e. butterflies in our tummy, feeling hot, shaky or sweaty etc.

The **green cog** is the **behaviour cog**. This looks at what do we do to show how we are feeling? Is this behaviour okay, and if not what could we do instead? This cog is important as we need to ensure our children are expressing their emotions in healthy and safe ways.

The **blue cog** is our **regulation strategy**. Here we explore what strategies we could use to cheer up or calm down if the emotion we are experiencing is a negative one. Different children will have different strategies.

