

Emotion Works

At St Leonard's, we are using **Emotion Works** to create a whole school, shared and consistent approach to the teaching of **emotional literacy**.

Research has shown that children who are supported in developing emotional literacy:

- Cope better with frustration
- Develop better resilience
- Develop empathy
- Recognise that all emotions have value
- Find it easier to regulate their own behaviour
- Are more likely to have good mental health
- Are in a better place to learn



Emotion Works links directly to our **Restorative Approach**.

Restorative Approaches

Schools are complex institutions, where there will always be competing ideas, tensions, and personal disagreements. **Restorative Practices** offer ways for the pupils and staff to manage these **fairly** and **positively**, to prevent conflict and harm but still allow for the expression of difference.

Restorative approaches are very effective when harm has been caused as they provide a framework for adults and pupils to discuss what has happened, the impact or effect of this and to plan a clear way forward together.

A Restorative Approach is all about **relationships** – making, maintaining and, when necessary, repairing relationships. The Restorative Approach supports the victim, 'giving them a voice', as well as listening to those who have harmed relationships or property, while working together to reach a resolution.

We aim to equip the children with different strategies, which they can use when they meet conflict or tension, allowing them to reach decisions calmly and resolve conflicts quickly and fairly, while maintaining and (where appropriate) repairing relationships independently.

Please use this link to access our school website where you will find a copy of our Positive Relationships, Behaviour and Anti-bullying Policy.

<https://blogs.glowscotland.org.uk/fi/stleonardspsdunfermline/>

St. Leonard's Primary School



Anti-Bullying Information

At St Leonard's use the National approach to anti-bullying and follow the guidance as set out within the Respect For All campaign.

Bullying is both **behaviour** and impact; the impact is on a person's capacity to feel in control of themselves. This is what we term as their sense of 'agency'. Bullying takes place in the context of relationships; it is behaviour that can make people feel hurt, threatened, frightened and left out. This behaviour happens face to face and online. (respect me, 2015)

We use the terminology:
displaying bullying behaviour or
experiencing bullying behaviour.
Blame is not attributed.

Describing people as victims or bullies can have long lasting effects.



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Supported by:

Department for Digital, Culture Media & Sport
COMMUNITY FUND

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What do we mean by bullying?

Bullying is **behaviour** that can harm people physically or emotionally and the feeling of threat may be sustained over time, typically by actions, looks, messages, confrontations, physical interventions, or the fear of these.

This **behaviour** can include: being called names, teased, put down or threatened face to face/online, being hit, tripped, pushed or kicked, having belongings taken or damaged, being ignored, left out or having rumours spread about you (face-to-face and/or online), sending abusive messages, pictures or images on social media, online gaming platforms or phone, **behaviour** which makes people feel like they are not in control of themselves or their lives (face-to-face and/or online), being targeted because of who you are or who you are perceived to be (face to face and/or online).



When is it not bullying behaviour?

It is important for children and young people to discuss how they feel and help them develop resilience to manage their relationships. We know that children and young people will fall out and disagree with each other as they form and build relationships. This is a normal part of growing up and most children and young people have the ability to bounce back from this type of behaviour. Our Restorative Approach, allied with the Emotion Works programme is designed to support our children in developing this resilience

Is it Bullying?

NOT NICE – When someone does or says something unintentionally hurtful and they only do it once...
That is **NOT NICE**.

MEAN – When someone does or says something intentionally hurtful and they do it once....
That is **MEAN**.

BULLYING – When someone does or says something intentionally hurtful and they keep doing it over a period of time, even when you tell them to stop or show them that you are upset That is **BULLYING**.