



Emotion Works and Emotional Literacy information for parents and carers



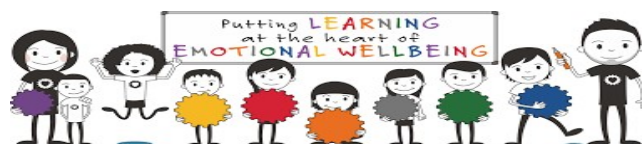
As part of our School Improvement Plan, we aim to embed a whole school shared and consistent approach to the teaching of emotional literacy, enabling learners to develop a shared language of emotions, through using the Emotion Works Program.

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

What is Emotion Works?

Emotion works is a well-regarded and practical resource to aid the delivery of emotional education in schools and nurseries. Emotion Works is linked to Curriculum for Excellence, GIRFEC (getting it right for every child) and the Scottish Attainment Challenge. At the heart of the programme is the cog system which helps learners develop their emotional vocabulary and recognise and manage their emotions. A whole school shared understanding of emotional language allows for more inclusive and open communication.



At the start of their Emotion Works journey, all learners will get to know the first four cogs.

The **orange cog** represents emotion words.
What's the word for how I feel? What emotion is it?

The **red cog** represents body sensations.
Where do I feel it in my body? How does it feel?

The **yellow cog** represents triggers.
Why do I feel like this? What happened?

The **green cog** represents behaviours.
How do I show my emotion? How do I react?

As children move through the stages of primary, the next cog learners get to know is the blue cog. (p3-p5)

The **blue cog** represents regulation strategies.
What changes the feeling? What makes me feel better?

In the upper stages, learners will get to know two more cogs (p6-p7)

The **grey cog** represents intensity.
How strong is this emotion? How much do I feel it?

The **purple cog** represents influences.
What is the bigger picture? What is the context?

Learners are taught about the cogs in a way that develops their emotional vocabulary and understanding. They can develop the 'story' of an emotion using a 4, 5 or 7 cog model. They can use the cogs to discuss or explore their own emotions or those of others e.g. in a story or film clip. The cogs can also be used across the curriculum e.g. in Expressive Arts, Literacy and Social Subjects.

The cogs are displayed in each class, the HUB, Learning Support Room and the Blue Room. Cog displays will also be visible around the school, in the playground and outdoor learning areas.

Hopefully, learners will be able to transfer skills learned in school to the home environment, enabling them to talk about emotions in a familiar and comfortable way.

If you would like more information please have a look at the Emotion Works Website <https://www.emotionworks.org.uk/> or contact Mrs Pierce.