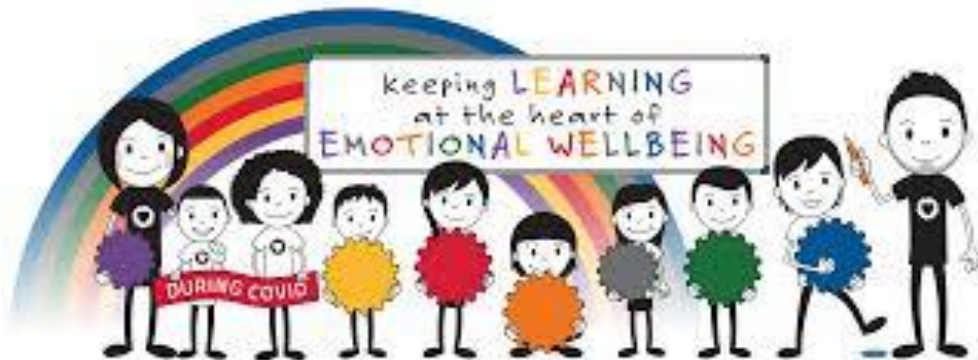




Braidwood Primary School

Emotion Works Parent Guide



What is Emotion Works?

Emotion Works is a visual and colourful educational programme that is designed to help children:-

- ❖ learn emotional language
- ❖ develop emotional understanding
- ❖ manage feelings and emotional behaviours
- ❖ develop resilience

We use Emotion Works in every stage of primary and it allows us to use a consistent approach when discussing our emotions.



Emotion Works is used to make connections across the curriculum and adds depth to drama, art, music, reading and writing activities. It helps children to recognise and label emotions, as well as identify associated body behaviours, triggers and regulation strategies. We use stories, films, music, drama and art as a stimulus and then our children can make their own emotion connections.

As part of our Covid Recovery Plan we are using Emotion Works to help our children to make sense of their emotions and provide discussions about how they can regulate emotions that make them distressed. The Emotion Works programme is based around seven cogs which pupils will meet throughout their time at our school. Everyone has the opportunity to learn about the 5 Cog Model and P6 and P7 will encounter the 6th and 7th Cogs as well. The cogs are as follows:



Emotion Words - The words used to name the emotion.



Emotion Trigger - The words used to describe why you feel a certain emotion. What happened?



Body Sensations - The sensations that are happening inside your body that cannot be seen by anyone. Discussions include how it feels and where you feel the sensation?



Emotion Behaviours - The reactions of the body that we can see that show how you are feeling. What I do and how I show it.



Regulation Strategy - What can you do to help yourself feel better?



Emotion Intensity - How strong the feel is. (P6 and P7 Pupils)



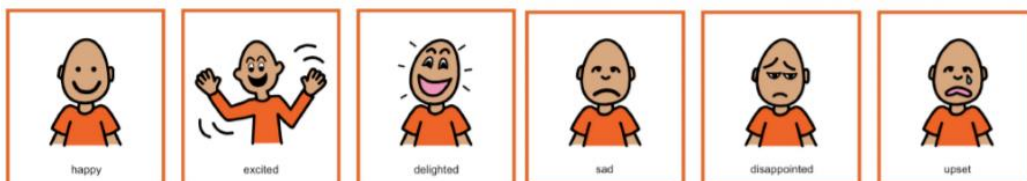
Influencing Factors - Things to take into account - the bigger picture, back story, the wider context. These could include people, places or situations. (P6 and P7 Pupils)

How can it help you at home?

We would encourage you to use the cogs to help talk to your child about their feelings and emotions. It provides a great structure to talk through when children are experiencing distressed behaviours in a calm and solution focussed way. There are 5 steps below that can be very useful when discussing Emotion Works at home.

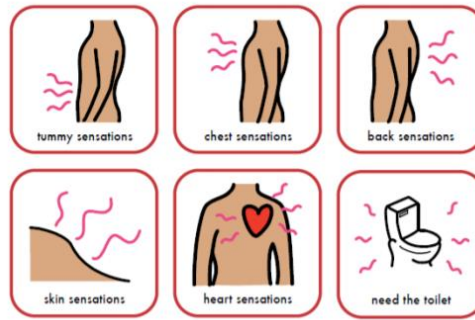
Step 1

Choose an emotion to talk about.



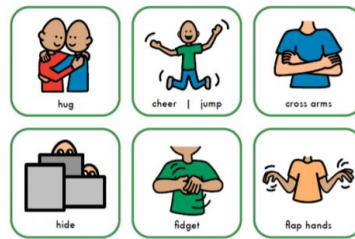
Step 2

How do you notice this?



Step 3

How do we express the emotion?



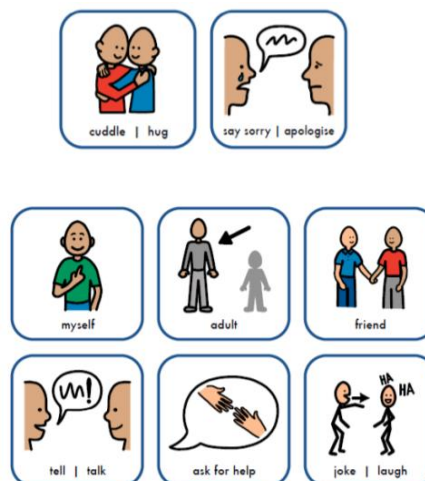
Step 4

What makes you feel this emotion?



Step 5

How can you best deal with this emotion?



If you have any questions or would like to find out more about Emotion Works please contact Mrs Naismith by emailing the school office.
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