



## **Parent Guide**

# Emotion Works



**September 2024**

Emotion Works is a visual and colourful educational programme designed to help children...

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

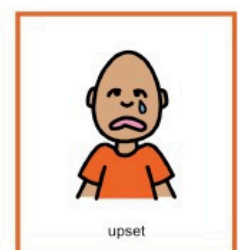
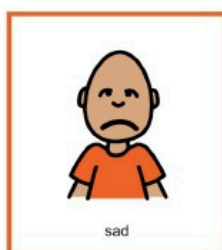
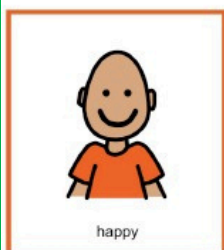
We use the Emotion Works programme at every stage in Kirkton Primary school. This has created a common emotional language and allows our school community to have a consistent approach when discussing emotions.

In lessons we develop our understanding of the different “cogs” (as outlined in Steps 1- 5) that are involved in emotional situations. These cogs build and develop as children progress from P1 to P7. This guide allows parents and carers the opportunity to learn more about the 5-Cog Model. P6 and P7 will encounter the 6th and 7th Cogs (Intensity and Influences) as they develop their emotional literacy.

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

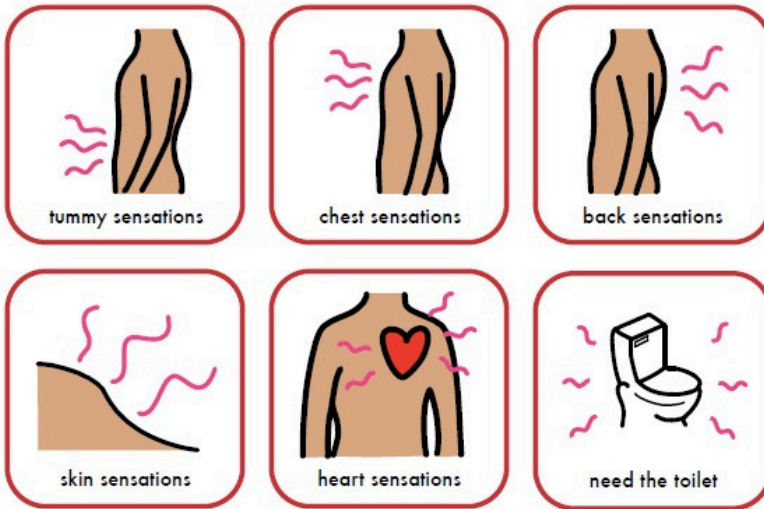
## **Step 1.** **Choose an emotion to talk about**

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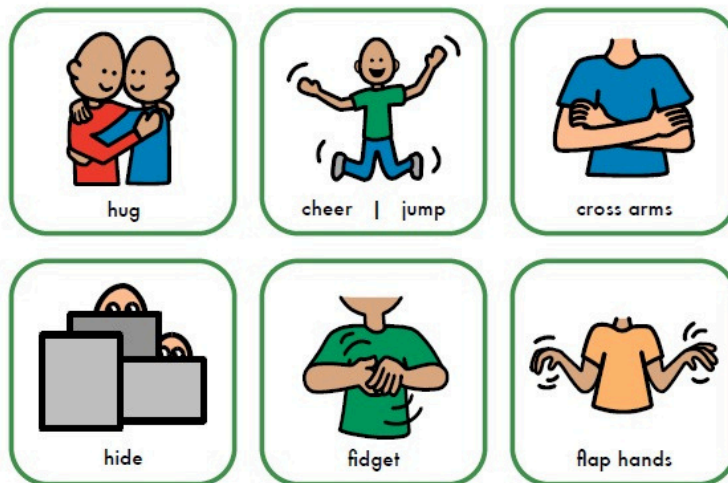
## Step 2.

### Where do you notice this emotion in your body?



## Step 3.

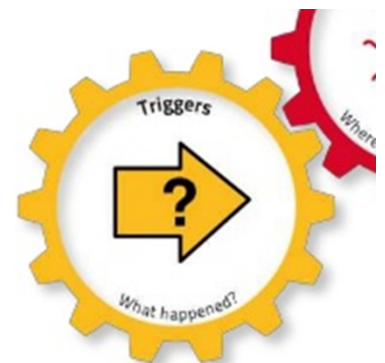
### How do you show or express this emotion? - face, body, actions, words.



## Step 4.

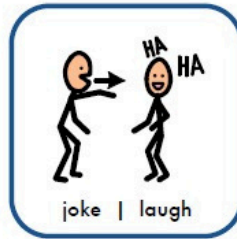
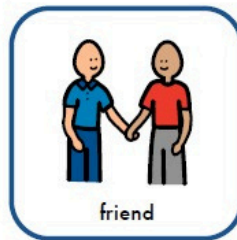
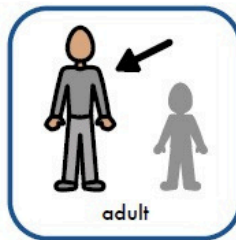
### What makes you feel this emotion?

This can be positive or negative.



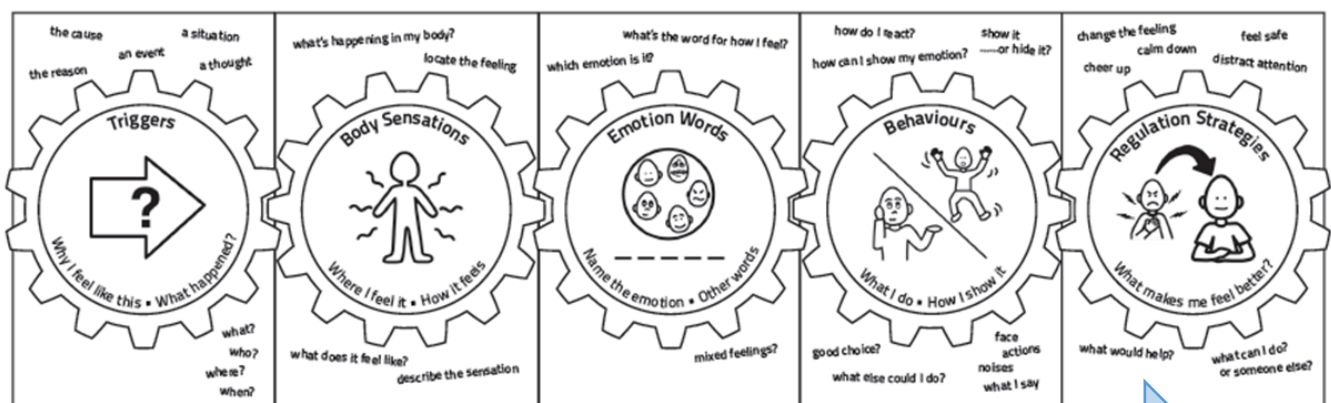
## Step 5.

# Not a nice feeling? What could make you feel better?



## Helpful hints for use at home...

- Do use this as a discussion tool when you are both feeling calm or when your child is feeling able to communicate
- Do jot ideas down on post-it's or paper as you go through the steps
- Do ask your child to retell their emotion story from left to right
- Do listen and limit questions while they are retelling their emotion story
- Do ask open ended questions – “Tell me more about....?”  
“What happened before that?”
- Don't judge or criticise



Retell your emotion story from left to right