

Circle of Hope Project

Healthy Body, Healthy Mind, Healthy World

Socrates—Comenius

Emotional Health Module Outline

JS Ingleton Middle School, England

For: Year 8

Duration: 6 hours

1	Emotional Health & Thinking Skills			
	Background	—Notes	1.10	
	Initial Task	—Discussion		20 minutes
	Thinking Skills Notes	—Explanation	1.20	
	Initial Exercise	—Group Activity		15 minutes
	Edward de Bono's Thinking Hats	—Group Activity		20 minutes
2	Thinking Skills			
	Thinking Skills Extension	—Notes	2.10	
	Organising an International Sports Competition			55 minutes
	Hats for Livia Issue	—Record Sheet	2.20	
3	Recognising & Managing Emotions			
4	Recognising & Managing Emotions	—Notes	3.10	
	Initial Activity	—Paired Work		40 minutes
	Development	—Group Activity		35 minutes
5	Millie's Story	—OHT for above	3.20	
	Extension Activity 1	—Group Activity		40 minutes
	Extension Activity 2	—Group Activity		40 minutes
	Closing Activity & Summary	—Group/Class Activity		20 minutes
6	Emotions & Colour			
	Emotions & Colour	—Notes	6.10	
	Initial Activity	—Discussion		20 minutes
	Development	—Paired Work		15 minutes
	Extension	—Individual Work		20 minutes