

Parent Information - Emotion Works




Emotion Works is a colourful education programme designed to help children learn emotional language, develop emotional understanding and manage feelings and emotional behaviours. This programme is used throughout our school, from Nursery to Primary 7, to ensure our children are happy, settled and confident and ready to learn. The children have been involved in a 10 week recovery programme to support the transition of children back to school over the course of the recovery period. After this period Emotion Works will continue to form part of our Health and Wellbeing programme.

The mental health & emotional wellbeing of children is widely recognised as a crucially important aspect of learning and attainment, particularly at the present time.

About Emotion Works

Emotion Works is based on the 'Cog Model'. It breaks the topic of emotions down into 7 parts, but also shows how each links together to help children and young people understand their emotions and how to can express and manage them in a healthy way.

The focus is on building and developing emotional language. We encourage children to think about other emotions; moving on from just 'happy' or 'sad'.

 emotion works



From Nursery to P7 all children focus on the first 5 cogs

- The first cog is the **yellow** cog; looking at various triggers/causes for different emotions. We use stories, films, music, art and daily situations to discuss these.
- The **red** cog encourages us to think about how the emotion makes us feel inside i.e. butterflies in our tummy, feeling hot, shaky or sweaty etc.
- The **green** cog is the behaviour cog. This looks at what do we do to show how we are feeling? What actions, facial expressions movements? Is this behaviour okay, and if not what could we do instead? This cog is important as we need to ensure our children are expressing their emotions in healthy and safe ways.
- The **blue** cog is our regulation strategy. Here we explore what strategies we could use to cheer up or calm down if the emotion we are experiencing is a negative one. Different children will have different strategies. This may take some time to find what works for our children.



The 7 cog model

The older children move beyond the 5 cog model to the 7 cog model to the grey and purple cogs. Both of these cogs can be trickier for some of our children to understand which is why we look at these last with the older children.

The **grey** cog focuses on the intensity of the emotion i.e. on a scale of 0-10 how happy are you? A little or a lot.

The **purple** cog is the influences cog where we look at the wider context, thinking about if there is anything significant about the situation or the person involved.

How to help your child

When your child has an emotional response to something at home, use the cogs to help them tell the story of how they feel and what has made them feel that way. If it's not a nice feeling, try to think of 'feel better' strategies that will help if they feel this way again.

