Lesson 9

Foundations for change

Social & Emotional Learning lessons aimed at combatting bullying in a school environment by developing social and emotional skills of young people aged 11-14
Question

How can we understand the progress we’ve made?
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Learning objective

At the end of the session we will be able to:

➔ Review any progress that has been made
➔ Begin goal setting
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SEL areas

Self Aware (SelfA)  Social Awareness (SocA)
Self Management (SelfM)  Relationship Management (RelM)

Introduction
Lesson 9

Target group: Young people

What is good progress?

- improved
- better
- understand
- more
- greater
- good
- changed
- altered
- healthier
- decreased

- emotions
- issues
- roles
- behaviour
- friends
- classmates
- class atmosphere
- bullying
- help
- talk
- listen
- rights
- happiness
- strategies
- emotional wellbeing

Activity 1
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Target group: Young people

Personal statements

Task in pairs

Choose a statement from each area of the questionnaire that:

➔ Has provided you with good emotional intelligence strategies
➔ You understand more as a result of the learning
➔ Has challenged you the most
➔ Is where you have changed most
Objective for final lesson:

⇒ Setting personal targets to build on the foundations