Lesson 4

Reading emotions in social situations

Social & Emotional Learning lessons aimed at combating bullying in a school environment by developing social and emotional skills of young people aged 11-14
Lesson 4

Target group: Young people

Question

How do I recognise the emotions of others?
Lesson 4

Learning objective

To identify the emotions of other people and develop a vocabulary that describes the emotions in different situations.
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Target group: Young people

Class discussion

Why does behaviour change depending on where we are and who we are with?

- Sports changing rooms
- Classroom
- School
- Lunch queue
- Tutor group room
- Online

Activity 1
Lesson 4

Target group: Young people

Reading people’s emotions

http://greatergood.berkeley.edu/ei_quiz/
Lesson 4

Target group: Young people

Closing

➜ What have you learnt today?

➜ Have you enjoyed the session?

➜ What have students learned about how their own emotions affect the behaviours of others?

➜ Next lesson we will look at emotions and bullying specifically. We will discuss the excuses people use to excuse their behaviour.
Take-away task

Choose a form (app, notes, paper, blog) and keep a diary to record the situations you find yourself in, your emotions and the emotions of others.

Be honest and record the impact your mood may have had on others.