Lesson 2

L2R1



Red emotions are unpleasant and high in energy, like anger, frustration and anxiety

Yellow emotions are pleasant and high in energy, like excitement, joy and elation

Blue emotions are unpleasant and low in energy, like boredom, sadness and despair

Green emotions are pleasant and low in energy, like tranquillity, serenity and satisfaction

Low Energy

Negative

Positive

A set of 10 Social and Emotional Learning (SEL) lessons aimed at combatting bullying in a school environment by developing the social and emotional skills of young people aged 11-14.





