

Lesson 9

Target group: Young people

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



Supported by
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Question

→ How can we understand the progress we've made?



Learning objective

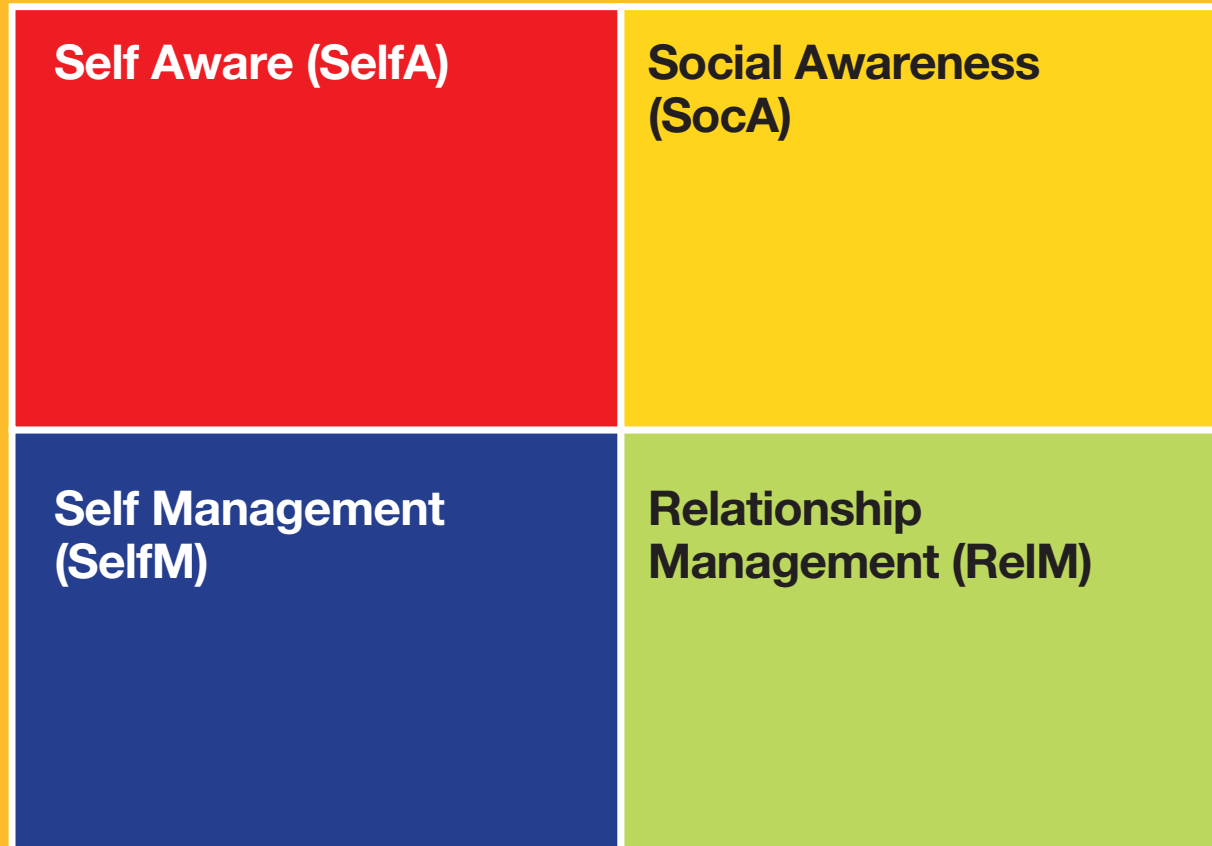
At the end of the session we will be able to:

- Review any progress that has been made
- Begin goal setting

Lesson 9

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SEL areas



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

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

Closing

Objective for final lesson:

- Setting personal targets to build on the foundations

