

# ENABLE

## Aims of the programme



The ENABLE programme aims to reduce bullying through the education of young people in the importance of social and emotional skills as part of a successful attitude to life.

## Planning overview

The lessons explore a range of Social and Emotional aspects of Learning (SEL) and the impact that a greater awareness of them may have on bullying. Depending on the lesson being taught these may include; Self Awareness (SelfA), Social Awareness (SocA), Self Management (SelfM), Relationship Management (RelM). Lessons timings are flexible and depend on the needs of the learner. Each lesson plan has the following information:

### Lesson overview

Each of the 10 lessons is clearly numbered and an outline of the different activities is included. A guide to the time allocation for each lesson will be given.

### Learning objectives

Each lesson has clear learning objectives and a key question, which are intended to be shared with learners at the beginning of each lesson.

By the end of the programme students will be able to:

- ▶ Understand emotions and how they fit into social and emotional life
- ▶ Understand the impact that emotions can have on self and others
- ▶ Have a greater understanding on how relationships can be managed

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.



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### Materials and preparation

#### Leaders should:

- ▶ **KNOWLEDGE:** be familiar with the training materials that accompany the programme and understand the importance of emotional literacy
- ▶ **SKILLS:** engage all learners, giving confidence to students to discuss, debate and challenge in a safe learning environment

Each lesson plan will include a list of resources required in order to deliver the lesson. Each lesson will also have a presentation associated with it.

### Introduction - Activity - Closing

Each lesson is divided into sections with an introduction outlining lesson objectives, a number of activities, and a closing activity involving reflection of the learning.

### Progression

Each lesson finishes with an outline of the next lesson.

### Take-away tasks

There are a number of opportunities for students to explore the issues discussed in the classroom at home. These are optional tasks.

### Supporting activities and Links

#### Supporting activities

Whilst the lessons themselves consist of structured activities, there are additional supporting activities that are both cross-curricular in approach and take advantage of a variety of media. These are also included in the appendix.

#### Links

This will provide details of the relevant links which may support the delivery of the lesson and the learning.



For detailed information and support please refer to the accompanying resource: **Making Enable Work**