

## Emotions 4 Learning (E4L) Curriculum Summary

Emotions for Learning (E4L) is a whole-school, relational and therapeutic approach that places emotional awareness at the centre of children's growth. It is built on a simple but powerful belief: when children feel safe, connected, and understood, they are free to discover who they can become.

E4L helps create a school culture where every child experiences the emotional foundations that allow learning to flourish. Through shared language, consistent practices, and emotionally attuned relationships, children learn to recognise their feelings, regulate their nervous systems, build healthy relationships, solve problems, and develop a strong sense of agency. These are not just skills for school, they are skills for life.

As a therapeutic approach, E4L understands that emotional learning happens through experience. Children grow when adults offer presence, curiosity, and compassion; when classrooms feel predictable and safe; and when relationships provide the co-regulation and encouragement that help children take brave steps forward. In this environment, emotional literacy becomes more than a lesson, it becomes a lived, daily experience.

E4L is intentionally woven into the rhythm of the school day. Short, engaging lessons introduce key ideas, while everyday interactions, routines, and relational practices bring those ideas to life. Staff model the emotional qualities we hope to cultivate in children: steadiness, awareness, empathy, reflection, resilience and respect. In doing so, adults become the secure base from which children explore, learn, and grow.

By embedding E4L across the school, we commit to nurturing the whole child. We recognise that emotional wellbeing is not an 'extra', it is the foundation on which curiosity, resilience, creativity, and academic learning are built. E4L invites children to discover their strengths, understand themselves and others, and step into their potential with confidence.

It is an approach that says to every child: You are safe here. You belong here. You can be brave here. You can grow here.

The E4L Program is carefully crafted to embody and embed essential social and emotional skills across the school day. It equips teachers not only to teach these skills explicitly through structured lessons, but also to model them consistently in their everyday interactions.

Children learn E4L in two powerful ways: through the Lesson Themes, delivered in short, engaging lessons and through the E4L Approaches that are woven into the school day, including impactful tools like Listening with Heart, Stilling and an independent problem-solving model; Connect, Explore, Act.

Most importantly, this learning happens within the context of relationship. Trusting, attuned connections between adults and children that make emotional literacy not just a subject, but a lived experience. Through these nurturing relationships, children absorb skills implicitly by experiencing empathy, psychological safety, and co-regulation in action.

The Lesson Themes are structured to support children's social and emotional development in a way that is both age-appropriate and engaging. Each of the six themes offers a rich exploration of the inner world, how children understand themselves, and connects this to their relationships and interactions with the wider world.

There are clusters of lessons within each theme which are revisited each term or year such as making a Class Agreement or What to do with a worry (Belonging), or Inside, Outside Feelings (Feelings) or Bullying (Relationships). In this way the learning and skills are consolidated with each lesson providing age-appropriate depth and skills.

In E4L lessons, children are guided to form secure attachments, regulate their emotions, and develop self-organisation. Metacognition is also a key focus. Children are encouraged to think consciously about their thinking, feeling, and problem-solving processes.

The E4L Approaches; Listening with Heart, Compliments, Mindfulness, Stillings, and Connect, Explore, Act, are foundational practices embedded throughout the school day, both implicitly through staff modelling and explicitly through dedicated moments for children to engage with them. These approaches are consistently and consciously used across the whole school, creating a nurturing environment where children learn not only through instruction but through lived experience.

Each approach supports the development of positive relationships, emotional self-awareness, and the ability to shift between nervous system states, promoting calm, relaxation, and resilience. Whether it is a teacher offering a heartfelt Compliment, guiding a mindful moment, or encouraging children to pause and be still, these practices cultivate a culture of awareness, empathy, regulation, and wellbeing. Over time, the repetition and integration of these approaches help embed them deeply into the children's way of being, fostering lifelong skills for flourishing.

Connect, Explore, Act specifically teaches a connected way of communicating that empowers children to tune in to themselves, listen deeply to others, and speak openly and with integrity. It encourages thoughtful reflection and independent problem-solving, helping children to navigate challenges with confidence and compassion. Through this approach, children learn to engage with the world around them with curiosity, clarity, and purpose, building the foundations for respectful dialogue and collaborative action.

# Kindergarten Lesson Plans

| Autumn    |                              | Feelings        | Feelings Wheel                 | Feelings        | Anger                         |
|-----------|------------------------------|-----------------|--------------------------------|-----------------|-------------------------------|
| Belonging | Getting to know My Classroom | Myself          | Its OK to be Different         | Feelings        | Recognising Feelings          |
| Belonging | My Day                       | Myself          | I am Unique                    | Feelings        | What to do with a Big Feeling |
| Belonging | Class Agreement              | Problem Solving | Catcurl                        | Feelings        | Shy and Lonely                |
| Belonging | Safety Circle                | Problem Solving | Catcurl Roleplay               | Myself          | I have Changed                |
| Belonging | What to do with a worry      | Relationships   | My Family                      | Problem Solving | When to use Catcurl           |
| Belonging | Listening with Heart         | Relationships   | Different Families             | Problem Solving | What is a Problem             |
| Feelings  | Feeling Monsters             | Spring          |                                | Problem Solving | Problem Solving               |
| Belonging | Important Places             | Belonging       | Safety Circle                  | Relationships   | A Good Friend                 |
| Belonging | Introduction to Roleplay     | Belonging       | What to do with a worry        | Relationships   | Playing together              |
| Belonging | Compliments                  | Belonging       | Listening with Heart           | Relationships   | Bullying                      |
| Belonging | Self Compliments             | Belonging       | Different Kinds of Compliments | Relationships   | Taking Care of Others         |
| Feelings  | Inside Out Feelings          | Feelings        | Comfortable and Uncomfortable  | Relationships   | Getting on and Falling Out    |
| Feelings  | Naming Feelings              | Feelings        | Happy and Sad                  | Relationships   | Making Up                     |

| Summer          |                          | Problem Solving | Solving a Problem       |
|-----------------|--------------------------|-----------------|-------------------------|
| Belonging       | Safety Circle            | Problem Solving | Problem Practise        |
| Belonging       | What to do with a Worry  | Relationships   | By Accident or Purpose  |
| Belonging       | Listening with Heart     | Relationships   | How to get what I Need  |
| Belonging       | Self-Compliments         | Relationships   | Teasing                 |
| Feelings        | Gratitude                | Changes         | My First Year at School |
| Myself          | Mind and Body            | Changes         | My New Class            |
| Myself          | Changes                  |                 |                         |
| Myself          | My Timeline              |                 |                         |
| Myself          | My Special Relationships |                 |                         |
| Myself          | My Special Person        |                 |                         |
| Myself          | I am Me                  |                 |                         |
| Myself          | I am Proud               |                 |                         |
| Problem Solving | Feelings and Problems    |                 |                         |

# TI Lesson Plans

| Autumn    |                                        | Myself          | My Sixth Sense         | Feelings        | Confused or Confident    |
|-----------|----------------------------------------|-----------------|------------------------|-----------------|--------------------------|
| Belonging | My Day                                 | Myself          | My Body                | Feelings        | Like it or Love it       |
| Belonging | Class Agreement                        | Problem Solving | Catcurl                | Myself          | My Special Relationships |
| Belonging | Safety Circle                          | Problem Solving | When to use Catcurl    | Myself          | My Special Time          |
| Belonging | What to do with a worry                | Problem Solving | Thought Feeling Action | Myself          | Consent                  |
| Feelings  | Feelings Jar                           | Relationships   | Making Friends         | Myself          | Safe and Unsafe Touch    |
| Belonging | Listening with Heart                   | Relationships   | My Family              | Problem Solving | Problem Solving          |
| Belonging | Compliments                            | Spring          |                        | Problem Solving | Whos Problem is it?      |
| Feelings  | Feelings                               | Belonging       | Safety Circle          | Relationships   | Taking Care              |
| Feelings  | Comfortable and Uncomfortable Feelings | Belonging       | Listening with Heart   | Relationships   | Empathy                  |
| Feelings  | Happy Feelings                         | Belonging       | Compliments            | Relationships   | Egg                      |
| Feelings  | Sad Feelings                           | Feelings        | Feeling Angry          | Relationships   | Bullying                 |
| Feelings  | All Feelings are OK                    | Feelings        | Simultaneous Feelings  | Relationships   | How to be a good friend  |
| Feelings  | Angry Feelings                         | Feelings        | Scared or Safe         | Relationships   | Friendship Roleplay      |

| Summer          |                          | Relationships | Being Rude                |
|-----------------|--------------------------|---------------|---------------------------|
| Belonging       | Safety Circle            | Relationships | Sorting out Disagreements |
| Belonging       | Listening with Heart     | Relationships | The Apple                 |
| Belonging       | Self-Compliments         | Relationships | Teasing                   |
| Feelings        | Changing Feelings        | Relationships | Saying NO!                |
| Feelings        | Dislike and Hate         | Changes       | Missing                   |
| Feelings        | Jealousy                 | Changes       | My New Class              |
| Feelings        | Quiet                    |               |                           |
| Myself          | Thought, Feeling, Action |               |                           |
| Myself          | My Three Selves          |               |                           |
| Myself          | It's Good to be Me       |               |                           |
| Problem Solving | Treasure Map             |               |                           |
| Problem Solving | Finding Treasure         |               |                           |
| Relationships   | Polite and Impolite      |               |                           |

# T2 Lesson Plans

| Autumn    |                                        | Myself          | How do I Feel about Myself? | Feelings        | Changing Feelings Roleplay |
|-----------|----------------------------------------|-----------------|-----------------------------|-----------------|----------------------------|
| Belonging | Class Agreement                        | Myself          | Secrets and Promises        | Myself          | What makes me Happy?       |
| Belonging | Safety Circle                          | Problem Solving | Problem Solving             | Myself          | Body Parts                 |
| Belonging | What to do with a worry                | Problem Solving | Why Problems Happen         | Myself          | Using my Sixth Sense       |
| Belonging | Listening with Heart                   | Problem Solving | Different sorts of Problems | Problem Solving |                            |
| Belonging | Compliments                            | Relationships   | Fair or Unfair              | Problem Solving | Problem Solving            |
| Feelings  | Feelings Wall                          | Relationships   | Sorting out Disagreements   | Problem Solving | Make a Plan                |
| Feelings  | Outside Feelings                       | Spring          |                             | Problem Solving | Calm, Explore, Do          |
| Feelings  | Inside Feelings                        | Belonging       | Safety Circle               | Problem Solving | Problem Solving Story      |
| Feelings  | Comfortable and Uncomfortable Feelings | Belonging       | Listening with Heart        | Relationships   | Stereotypes                |
| Feelings  | Feelings Intensity                     | Belonging       | Compliments                 | Relationships   | Collaboration              |
| Feelings  | Feelings Intensity Roleplay            | Feelings        | Comfortable Feelings        | Relationships   | Build Together             |
| Myself    | What is my Name?                       | Feelings        | Uncomfortable Feelings      | Relationships   | Healthy Relationships      |
| Myself    | What sort of Person am I?              | Feelings        | Changing Feelings           | Relationships   | My Family                  |

| Summer          |                         | Relationships | Teasing            |
|-----------------|-------------------------|---------------|--------------------|
| Belonging       | Safety Circle           | Relationships | Bullying           |
| Belonging       | What to do with a Worry | Relationships | Stand in My Shoes  |
| Belonging       | Listening with Heart    | Relationships | Empathy            |
| Belonging       | Self-Compliments        | Relationships | Perspective Taking |
| Feelings        | Disappointment          | Changes       | Remembering        |
| Feelings        | Gratitude               | Changes       | My New Class       |
| Feelings        | Fair and Unfair         |               |                    |
| Feelings        | Jealousy                |               |                    |
| Feelings        | Love                    |               |                    |
| Myself          | Storyclouds             |               |                    |
| Myself          | Describing Me           |               |                    |
| Myself          | The Iceberg             |               |                    |
| Problem Solving | The Problem             |               |                    |

## Form 1 Lesson Plans

| Autumn          |                            | Belonging       | Listening with Heart | Myself          | Map of my Heart       |
|-----------------|----------------------------|-----------------|----------------------|-----------------|-----------------------|
| Belonging       | Class Agreement            | Belonging       | Compliments          | Myself          | Shifting my Awareness |
| Belonging       | Safety Circle              | Feelings        | Empathy              | Problem Solving | Problem Solving       |
| Belonging       | Listening with Heart       | Myself          | Secrets              | Relationships   | Being Assertive       |
| Belonging       | Compliments                | Problem Solving | Which Plan           | Changes         | My New Class          |
| Feelings        | Outside Feelings           | Problem Solving | My Problem           |                 |                       |
| Feelings        | Inside Feelings            | Relationships   | Teasing              |                 |                       |
| Myself          | Upstairs, Downstairs Brain | Relationships   | Bullying             |                 |                       |
| Myself          | Flipping the Lid           | Summer          |                      |                 |                       |
| Problem Solving | TBC - Making a goal        | Belonging       | Safety Circle        |                 |                       |
| Relationships   | Family Relationships       | Belonging       | Listening with Heart |                 |                       |
| Spring          |                            | Belonging       | Safety Circle        |                 |                       |
| Belonging       | Safety Circle              | Feelings        | Disappointment       |                 |                       |
| Belonging       | What to do with a Worry    | Myself          | Pants                |                 |                       |

## Form 2 Lesson Plans

| Autumn        |                               | Feelings        | Forgiveness and Resentment                 | Myself        | My Brain, the Insula    |
|---------------|-------------------------------|-----------------|--------------------------------------------|---------------|-------------------------|
| Belonging     | Class Agreement               | Feelings        | Wants and Needs                            | Relationships | Friendships             |
| Belonging     | Safety Circle                 | Myself          | Prefrontal Cortex and Hippocampus          | Relationships | Unkind Words            |
| Belonging     | Tour Guides                   | Myself          | Amygdala                                   | Relationships | A Recipe for Friendship |
| Feelings      | What Fills my Balloon?        | Myself          | Bringing the prefrontal cortex back online | Changes       | My New Class            |
| Myself        | Grounding                     | Problem Solving | The Size of the Problem                    |               |                         |
| Relationships | Role Models                   | Relationships   | Respect                                    |               |                         |
| Relationships | Listening to Others           | Relationships   | Stand up to Bullying                       |               |                         |
| Relationships | Building Trusting Connections | Summer          |                                            |               |                         |
| Relationships | Healthy Relationships         | Belonging       | Safety Circle                              |               |                         |
| Relationships | Marriage                      | Belonging       | Stilling                                   |               |                         |
| Spring        |                               | Feelings        | Loss                                       |               |                         |
| Belonging     | Safety Circle                 | Myself          | My Strengths                               |               |                         |
| Belonging     | Paying the Kindness on        | Myself          | Inner Critic, Inner Guide                  |               |                         |

In Forms 3 and 4, the Head of PSHEE chooses E4L lessons which complement and support the PHSEE curriculum, choosing from:

# Year 5 and 6 Lesson Plans

|                      |                                       |                      |                               |
|----------------------|---------------------------------------|----------------------|-------------------------------|
| <b>Year 5 Autumn</b> |                                       | Feelings             | Embarrassed                   |
| Belonging            | Class Agreement                       | Myself               | Speaking and Acting Honestly  |
| Feelings             | Jealousy and Envy                     | Relationships        | Share or not Share            |
| Myself               | Consent                               | Change               | Through the Door              |
| Problem Solving      | Disagreement and Conflict             | <b>Year 6 Autumn</b> |                               |
| Relationships        | Rupture and Repair                    | Belonging            | Class Agreement               |
| <b>Year 5 Spring</b> |                                       | Feelings             | Family Feelings               |
| Belonging            | Noticing the Good in Me - Compliments | Myself               | Courtesy and Manners          |
| Myself               | OK and not OK Touch                   | Problem Solving      | When and Who to Tell          |
| Relationships        | Bystanders and Bullies                | Relationships        | Rupture and Repair            |
| Relationships        | Lonely or Excluded                    | <b>Year 6 Spring</b> |                               |
| Relationships        | Gender Stereotypes                    | Belonging            | Shine a Light - Compliments   |
| <b>Year 5 Summer</b> |                                       | Myself               | My Mental Health              |
| Belonging            | Stilling                              | Myself               | Bias and Stereotypes          |
|                      |                                       | Relationships        | Permission Seeking and Giving |
|                      |                                       | Relationships        | Assertive or Controlling?     |