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| Unit: | Positive Behaviour Patterns | Suggested Order: 2 of 10/11 |
| Topic: | Triggers for feelings | |
| Key Objectives: | To reflect on the range of reasons for feelings | |
| Resources: | Lesson Triggers for feelings PowerPoint  Plain A4 paper  Trigger-reason-behaviour modelled example – Frightened  Trigger-reason-behaviour sheets – upset; angry; happy jealous  Plenary Sheet (individual reflection on causes of the 4 emotions) | |

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| Guideline Timing | Activity | Typical Learning Gains | Notes / Advice from teaching team |
| Up to 10 Mins | Heads – Bodies – Legs game. This way of working will be used later in the lesson for an activity more closely related to the learning. | Good for building classroom relationships |  |
| 5 Mins | Class work together to create a modelled example of the trigger – reason – behaviour sheet. Teacher to follow-up question to find the associated behaviours. | Students know how the diagram works before working individually. | *Be sure to emphasise that the row is linked i.e. consequence is linked to behaviour and to trigger.* |
| 10 Mins | Students use the Heads-Bodies-Legs model to create trigger-reason-behaviour sheets for 4 different emotions. Students can’t see what the person before them wrote (and it doesn’t matter if they repeat each other). | Students are thinking systematically about the range of triggers for some difficult emotions. |  |
| 5 Mins | Students unroll their original sheet to see what other people wrote. Students encouraged to identify:   * Similarities * Differences | Students exposed to a range of different ways of thinking about the same emotion. |  |
| 5 Mins | Share the other sheets around the class |
| 15 Mins | Students now complete the same diagram but for themselves (considering their own personal triggers for jealousy, anger etc.). | Individual reflection |

Opportunities to differentiate / personalise:

The emotions can be amended to suit the needs of the class.