

MULBUIE PRIMARY SCHOOL 2015-16

SCHOOL IMPROVEMENT PRIORITY 2

HEALTH AND WELL-BEING

DEVELOP A PROGRESSIVE PROGRAMME IN EMOTIONAL LITERACY

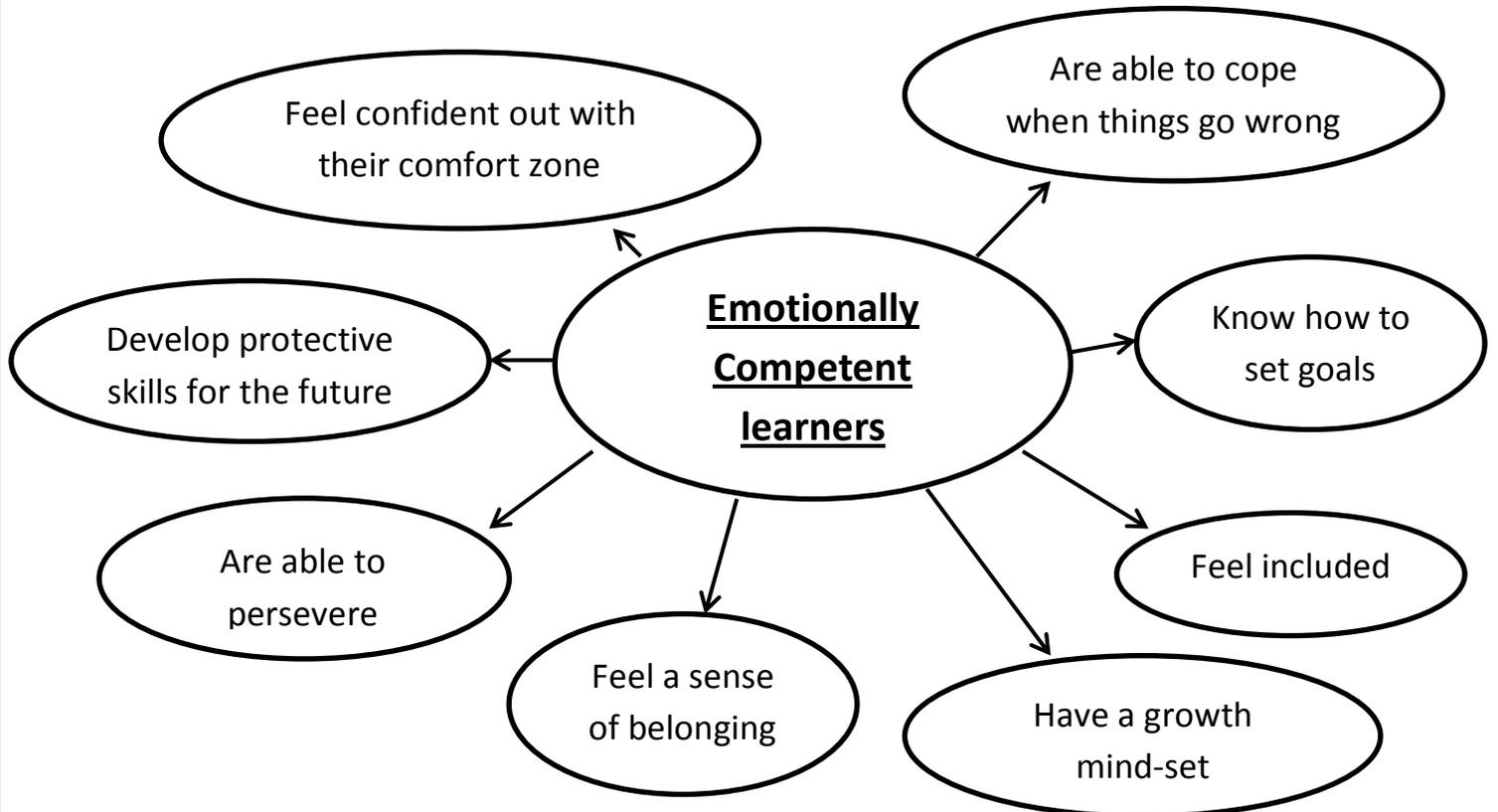


OUR VISION

Mulbuie Primary School is at the centre of a school community working together in strong partnership to provide an inclusive learning environment in which children feel a strong sense of belonging. We encourage our children to recognise their talents and build on their strengths, by actively challenging their thinking through engagement in meaningful learning and teaching. We embrace ambition, innovation and enthusiasm, and create opportunities for our children to take pride in what they do and be the best they can be, both now and in the future. We support our children in moving forward socially and academically and in learning from life, for life.

Why teach Emotional Literacy?

Research carried out by Public Health England (2014) showed that pupils with better health and wellbeing are likely to achieve better academically. It has been found that social and emotional competencies are a more significant determination of academic achievement than IQ.



And why teach it in school?

Supporting our children in developing emotional literacy is the role of both parents and school, as part of the partnership in preparing the children with the skills they will need in the world as they grow.

Experiences within school provide a different learning opportunity to those out of school – they provide opportunity for children to make connections and cross-curricular links, they provide a different and more autonomous environment to negotiate their role, to work within a group, to support others and receive support from others and to have ongoing relationships with people they perhaps don't get on so well with.

What does this look like in the classroom?



Daily Check Ins

Children show how they are feeling during the day. This helps them understand the feelings of others as well as express their own.

This also opens up opportunities for discussion



Bucket Filling

Bucket filling creates an ethos of belonging, team and respect.

This also builds confidence and self-esteem, along with a sense of self-worth.



Exploring Growth Mind-sets

Children learn how their brain works so that they can understand mind-sets. This helps them identify thinking strategies to overcome challenge. It can also help manage stress.

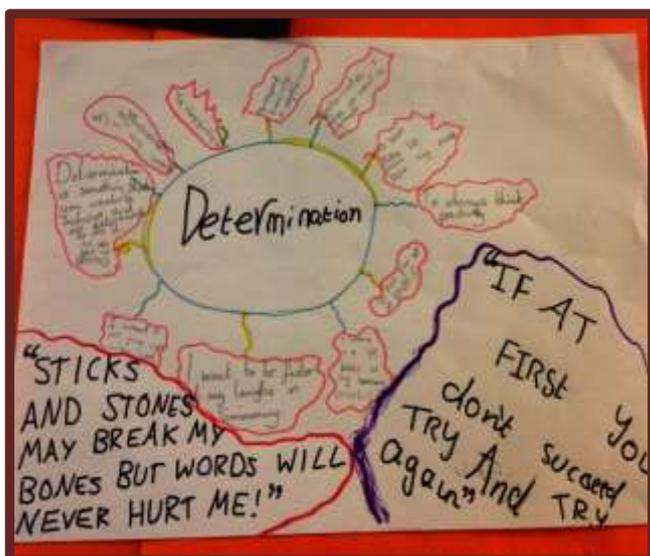


Social Skill of the Week

Exploring social skills helps children understand their personal role in their relationships

Feeling of the Month

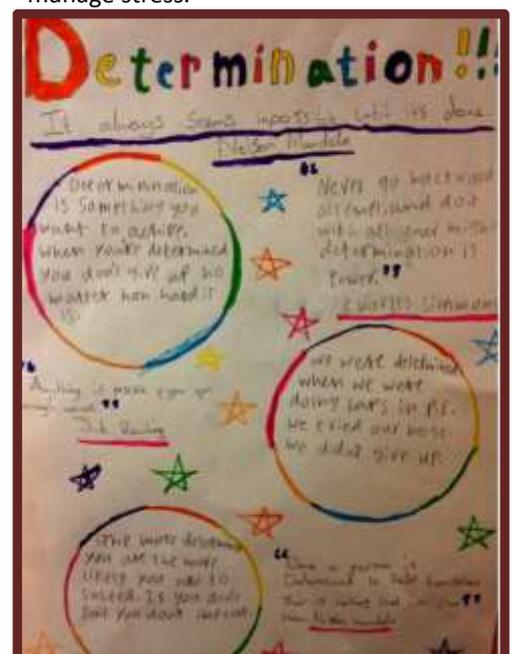
Learning about a different feeling each month helps children identify their feelings and the feelings of others.



Class Activities

Exploring attributes like determination and perseverance develops pupils understanding of how to manage when things go wrong

It also develops self-awareness, celebrates character traits and develops resilience.



Brain Breaks

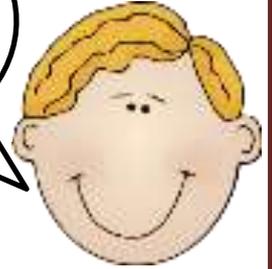
Having brain breaks help children's brains work more quickly – www.gonoodle.co.uk

What the children at Mulbuie think of Emotional Literacy



It helps my learning because it helps me calm down after break and helps my brain to focus.

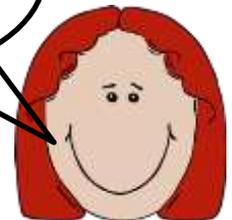
My brain feels like it has lines that connect – one that is division, one adding, one multiplying and these are strong or weak.



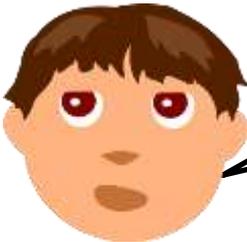
We find a space and lie on our backs – we breathe and slowly put it out again. This helps me to calm down so I can sort out my feelings and work better.



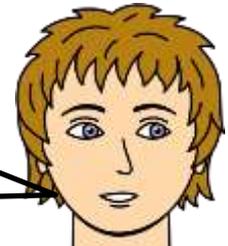
I am beginning to understand how my brain works so I can control it and use it better



I understand how I am feeling and can talk about this more easily



In Circle Time we learn to fill each other's buckets and this helps us to realise we are doing nice things for our parents and for others.



Resources

Resilient Kids – Highland Council Psychological Services

Bounceback – Pearson Publishers

Creating Confident Kids – Edinburgh Council

ELSA resources - www.elsa-support.co.uk

Circle time – Jenny Mosley

www.gonoodle.co.uk