# Session plan
# Respectful relationships 7A2

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| Outcome | Recognise how to manage emotions in different relationships |
| Resources | • Expressing emotions sort cards |
| Learning context | Independent, paired work, group work |
| Curriculum areas | PSHE, RSE |
| PSHE skills | Personal wellbeing, Health and relationships |

| **Starter** | Time allocated |
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| Ask students to write a list of as many different emotions as they can think of. | 5 minutes |
| Class discussion to establish a list of eight common emotions. | 5 minutes |
| Ask students to draw an emoji to represent each emotion. | 10 minutes |
| **Main lesson** | Time allocated |
| Watch film clips about displays of emotion:<br>• **https://youtu.be/RwDDb_h2i0A**<br>• **https://youtu.be/JChxT9Yv2iw** | 10 minutes |
| In groups, students use the emotion sort cards to match the display of emotion (orange cards) with an appropriate context (white cards). | 20 minutes |
| Discuss the outcomes of the card sort activity as a class. | 10 minutes |
| **Independent challenge** | |
| • Create a role play that shows how to react when feeling angry or celebrating success in different contexts. | |
| • Investigate ways of managing emotion and create a brief guide for other people about two different approaches. | |
| **Challenge wrap up** | Time allocated |
| Students share their role plays from the independent challenge. After each one, discuss as a class ways to manage emotions in this context. | 20 minutes |

## Ideas

Sporting events often contain extreme examples of emotion, which may be helpful examples. Use examples from lessons students have been in to illustrate the wrong way to react when angry or really excited; this will give students real life examples to put into other contexts.

# Expressing emotions sort cards

**PSHE Short Course: Module 7 Respectful relationships** **Challenge: 7A2**

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| Giving someone a big hug, because you are pleased with their achievement | Your employer has discreetly asked you to do a task that in your opinion is illegal |
| Expressing your disappointment at not getting a promotion in a calm and measured way | One-to-one interview with your boss after a particularly successful project has been completed |
| Celebrating by jumping up and down, screaming and shouting | Out and about with your social group |
| Kick back disinterested and play on your phone, showing your boredom and disinterest | At a funeral for a close relative |
| Shouting abuse at someone who has asked you to do something you don't like | A parent greeting their child on return from collecting exam results |
| Spend ten minutes discussing how pleased you are with something someone has done and praising their efforts | On your own after you've found a private space to vent your frustrations |
| Walking away and gathering your thoughts after you have become really angry at being asked to do something you think is wrong | A work colleague is excitedly presenting their achievements, which you have heard before, to an important meeting you are in |
| Angrily rejecting the thought of doing something you think is immoral, by shouting at them | Appraisal meeting with your employer |
| Crying quietly because you are sad | Watching a football match |