

YEAR 6: UNDERSTANDING EMOTIONS



"Emotions are not problems to be solved. They are signals to be understood." – Vironika Tugaleva

WORKSHOP DESCRIPTION

The Understanding Emotions Workshop is the third in the Grade 6 four-workshop series. It helps students deepen their understanding of emotions, identify physical manifestations of feelings, and explore techniques to manage emotions. Through interactive activities, students also learn to recognise and support emotions in themselves and others, promoting emotional intelligence and empathy.

WORKSHOP OUTCOMES

For each participant to:

- Identify a broad range of emotions.
- Develop self-awareness of their own emotions.
- Explore how emotions feel in the physical body.
- Learn calming and grounding techniques to manage emotions.
- Understand how to support others experiencing emotions.

HOW TO BEST SUPPORT DURING THIS WORKSHOP:

- **Join in and have fun:** Participate fully in activities like Emotion Charades and Body Cues. Your involvement helps students feel comfortable and engaged.
- **Model emotional awareness:** Show it's okay to talk about and manage emotions by sharing simple examples from your own experiences.
- **Encourage self-reflection:** Help students connect emotions to physical sensations, asking easy questions like, "Where do you feel happiness or worry in your body?"
- **Promote empathy:** During group activities, encourage students to think about how they can support friends who might be feeling big emotions.
- **Practice calming techniques together:** Join students in exercises like Box Breathing, showing that everyone can benefit from strategies to feel calm and grounded.