

Lesson Plan

Year: Secondary

Duration: 1hr

Topic: Emotions

Lesson Objectives:

- To think about and begin to understand our emotions.
- To feel confident and comfortable feeling ALL the emotions, knowing none are bad or wrong
- To Talk

Resources Needed:

- Worksheets
- Powerpoint
- White-Board/Smart Board
- Pen/Pencil

Starter:

Go over ground rules as a class.

What are emotions? – Brainstorm as a class.

Suggested duration: 2 mins

What emotions can you think of? – Brainstorm as a class.

Suggested duration: 5 mins

How much power do you think emotions have? – Brainstorm as a class.

Suggested duration: 5 mins

Lesson created by Think Health in partnership with Spark UK
www.sparkuk.co.uk

Secondary

Spark Teens

Activity 1

What was the first emotion you felt today?
Think, Pair, Share as a class.

Give students 5 minutes to complete task 1 on the worksheet

Activity 2:

Think about from the moment you woke up until now, how many emotions can you think of that you've felt?

Give students 5-10 minutes to complete task 2 on the worksheet.

Go through powerpoint slides as a class. Discuss each point and answer questions

Activity 3:

Ask students to complete activity 3 independently for 15 mins. Go round the room and support students that may need help as well as start conversations with pupils.

Consolidation Task:

Philippians 4:6 – Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a whole sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the centre of your life.

Prayer – Jesus, help us to remember that you felt all the emotions we feel when you lived on earth. You felt joy, you felt excitement, you felt peace, and you also felt sad and hurt. You know how we're feeling, please give us a nudge to remind us to chat to you and tell you what we're struggling with, and to sing and dance and laugh with you when things feel amazing! Help us to understand our emotions and remind us that you never leave us. Thank you for loving us and giving us the ability to love others. Amen.