



Empowering Me **KS4 programme from VisionWorks**

A ready-to-use modular scheme of work specifically designed to teach emotional intelligence to KS4 students, presented in PowerPoint format.

Contents

Unit	Title	Concept
1	Introducing your brain	There are two major parts of the brain: the Cerebral Cortex and the Limbic System
2	What do you care about?	The role of the Limbic System
3	Investing your mind; empowerment for learning	The effectiveness of investing our thoughts constructively; goal setting
4	What is Emotional Literacy?	The five elements of emotional literacy/intelligence explained
5	How well do you know yourself?	Awareness of our strengths, weaknesses, habits and talents
6	Manage your emotions	Understand how to manage our emotions and feelings
7	Walk a mile in my shoes	Develop empathy
8	Friends – who needs them?	Give and expect respect; work well in teams
9	Motivation	Find solutions not problems; learn from our mistakes
10	Bringing it all together	Recap the five elements of emotional Intelligence/literacy and use them in our lives

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