



















# Contents

<b>Preface</b>		<b>iii</b>
<b>Repeatable units</b>		<b>vii</b>
<b>What this course covers</b>		<b>viii</b>
<b>Introduction</b>		<b>1</b>
<b>How to use this pack</b>		<b>2</b>
<b>Module 1 Getting started</b>		<b>11</b>
Unit 1 Namecards		12
Unit 2 Choosing buddies		14
Unit 3 Buddies and goals		18
Unit 4 It's OK being me		22
Unit 5 Groundings		26
Unit 6 Positive qualities		28
<b>Module 2 Seeing the world, seeing ourselves</b>		<b>31</b>
Unit 7 Student questionnaire 1		32
Unit 8 Puzzles of perception		34
Unit 9 Visualisation: Power of the mind		38
Unit 10 Buddy sharing: Listening		42
<b>Module 3 Understanding similarities and differences</b>		<b>45</b>
Unit 11 Communication		46
Unit 12 Emotions A - Z		48
Unit 13 Masks 1		50
Unit 14 Masks 2		52
<b>Module 4 Identifying our feelings and behaviours</b>		<b>55</b>
Unit 15 Naming feelings		56
Unit 16 Buddy sharing: Appreciation		58
Unit 17 Our defences		60
Unit 18 Common feelings		62
Unit 19 Are we the same?		64
Unit 20 Where do you stand?		66
Unit 21 What's underneath?		68
<b>Module 5 Managing our emotions</b>		<b>71</b>
Unit 22 Managing emotions		72
Unit 23 Buddy sharing: Response-ability		76

Unit 24	Coded messages		78
<b>Module 6 Understanding our relationships</b>			<b>81</b>
Unit 25	How is another person feeling?		82
Unit 26	Listening game		84
Unit 27	Interrupting 1		86
Unit 28	Interrupting 2		90
Unit 29	Resolving problems		92
Unit 30	Visualisation: We belong		96
Unit 31	Revisiting goals		100
<b>Module 7 Choosing new directions</b>			<b>103</b>
Unit 32	Picture autobiographies	 	104
Unit 33	Blame busting		106
Unit 34	Choosing our responses		108
Unit 35	Anger is a cover emotion		110
Unit 36	Anger: what do you do?		112
Unit 37	Learning from mistakes		114
Unit 38	Creating attitudes		118
Unit 39	Choosing attitudes		120
Unit 40	Changing attitudes		122
Unit 41	Visualisation: Changing attitudes		126
Unit 42	Iceberg model: outline		130
Unit 43	Iceberg model: other people's behaviour		134
Unit 44	Iceberg model: what lies beneath?		136
Unit 45	Iceberg model: my behaviour		138
Unit 46	Iceberg model: starting to change		140
Unit 47	Iceberg model: changing my behaviour		144
Unit 48	Journey map: getting your bearings		146
Unit 49	Journey map: on course		150
Unit 50	Journey map: you've made it!		152
Unit 51	Final review		154
<b>Appendix A</b>			
Image bank			
Photocopiable masters			