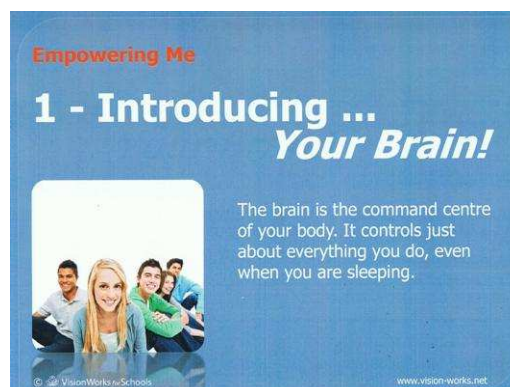


Empowering Me

KS4 programme from VisionWorks

A ready-to-use modular scheme of work on CD specifically designed to teach the crucial elements of emotional intelligence to KS4 students.

This programme is delivered in 10 easy-to-use, fun PowerPoint presentations which include background information. Using Youtube links, plus classroom and extension activities, these lessons will develop the skills that enable young people to approach their exams and life with confidence and equanimity.



With neuroscience as a starting point, students will explore and develop:

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

To order or for more information please contact Ruthie on ruthie@vision-works.net or call 01249 409001.

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1. Managing emotions 2. Bullying 3. Communication

4. Peer pressure 5. Family break-up

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