Social and Emotional Intelligence Lessons

**FOCUS: Kids! Did You Know...? (poster)**

Depending on the age of the children, the following lesson/s will take place over a number of sessions. Please adapt the lesson/s to suit the needs and ages of the children.

**KEY OBJECTIVES**

Children will understand that:
- they all have the right to feel safe all of the time
- our feelings are always changing and to talk to someone they trust if they feel worried or unsafe
- they need to keep trying even when things become hard (resilience)
- humans are more the same than they are different
- empathy and kindness are key to a compassionate and peaceful world
- they have the right to feel happy.

In this lesson children will:
- discuss the above objectives in more detail.

For the lesson you will need:
- Kids! Did You Know...? (poster)
- whiteboard markers
- colored pencils, felt pens
- A4 paper

**Lesson 1**

Discuss each of the six points in detail with the children. Ask them what each statement means to them. Spend as much time as necessary on each point.

**Ongoing Lessons/discussions**

Explore the following children’s books (matched to each point featured on the poster) from Educate2Empower Publishing to further examine the points featured on the poster. *Note: all of these books come with in-depth discussion questions to scaffold the children’s learning.*

**Poster Point 1.** My Body! What I Say Goes!; Talking About Body Boundaries, Consent and Respect; No Means No!; Some Secrets Should Never Be Kept

**Poster Point 2.** Talking About Feelings, How Big Are Your Worries Little Bear?
Poster Point 3. Resilience, Who Am I?
I Am Me!

Poster Point 4. No Difference Between Us; Pearl Fairweather, Pirate Captain; Who Am I? I Am Me!

Poster Point 5. You, Me and Empathy, Resilience (both have sections on bullying)

Poster Point 6. Talking About Feelings, How Big Are Your Worries Little Bear?

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