

# EMOTIONS

## EMOTIONAL INTELLIGENCE / RELATIONSHIPS

Our emotions and feelings can be complicated. They can dictate our days and our actions; they can hold such power over us if we let them. Our feelings can sometimes get in the way of good friendships when we don't know how to control them.

Understanding emotions and feelings is becoming an important strategy in ensuring positive mental health and resilience in children and young people.

In **Emotions**, we look into what emotions feel like, how our emotions can make us act and ultimately, how we can control our emotional responses to encourage positive behaviours.

We encourage students to consider their personal strengths, and how these strengths can help them to control their emotions and become the best they can be.

Key teachings from the Christian story are expressed through a reflection of Jesus' life; drawing out stories that give examples of how Jesus understood the emotions of others and this allowed him to treat others with true compassion and empathy.

This highly interactive workshop has a preferred maximum capacity of 60 students. To ensure content is age appropriate, we require groups to be split by year levels (eg. R-2, 3-5, 6-7).

To book a seminar contact Matt or Hannah at SMG on (08) 8378 6800 or email [seminars@smg.asn.au](mailto:seminars@smg.asn.au)

**\*Curriculum codes: ACPPS001, ACPPS004, ACPPS005, ACPPS020, ACPPS038, ACPPS056, ACPPS075**



**FUN. ENGAGING.  
RESPECTFUL!**

TEACHER - MARION PRIMARY SCHOOL



[WWW.SMG.ASN.AU](http://WWW.SMG.ASN.AU)