



HALCYON PODCAST SEASON 1 E12

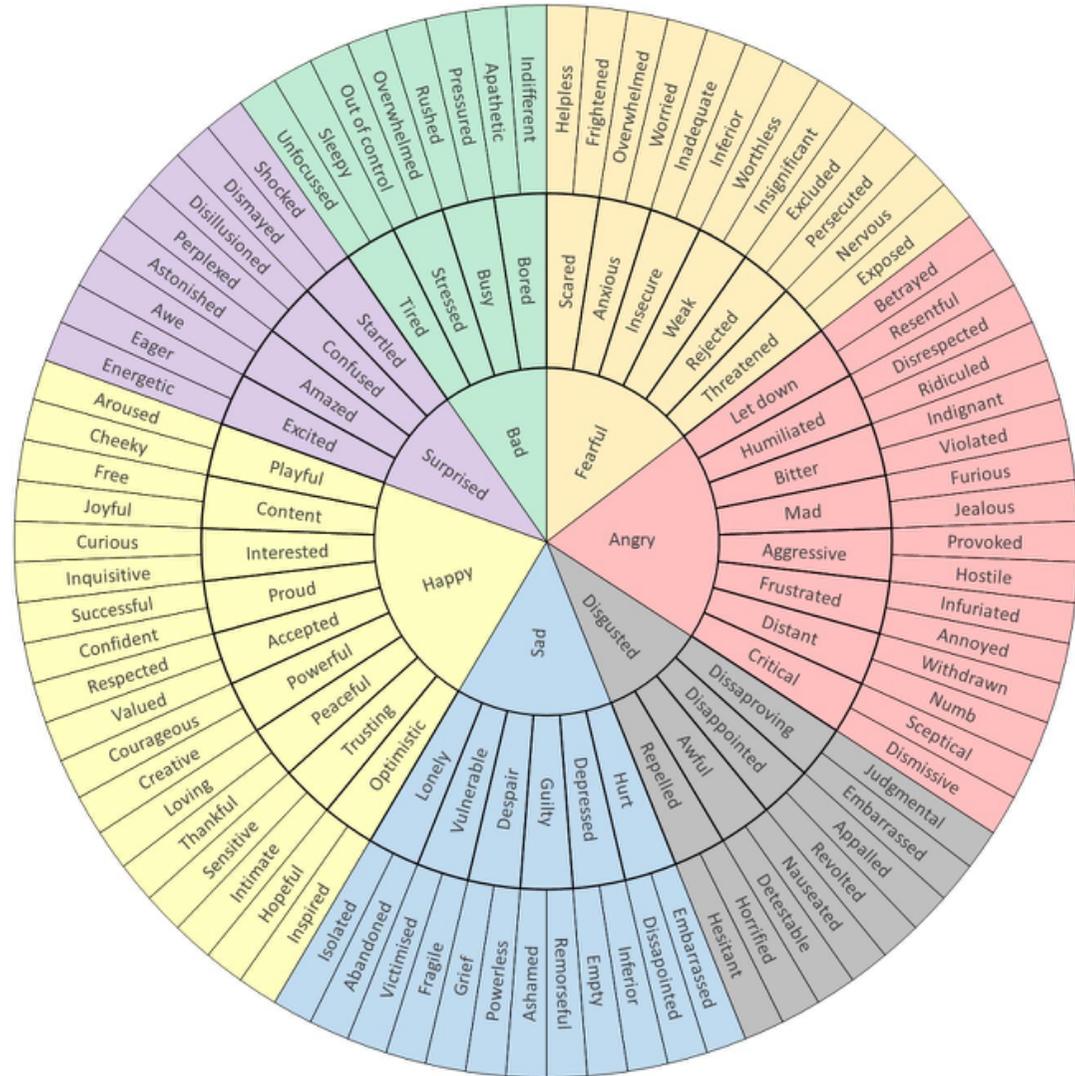
'Emotional Literacy - a pivotal catalyst for mental wellbeing in schools'

with Anna Bateman and developmental psychologist
Dr Mark Greenberg

Plutchik's Wheel

In the podcast, Anna speaks about the benefit of using Plutchik's Wheel to expand students' language of emotions.

You could use this as a reference when speaking about characters in literature, or films, bringing emotional literacy into the everyday curriculum. It helps students use additional words beyond 'happy' and 'sad' to describe and understand feelings with greater accuracy.





The 7 Learnable Skills of Resilience

Reivich, 2005

The 7 Learnable Skills of Resilience form an important part of a school's preventative approach to mental health. Many of these skills have close links with Emotional Literacy and go hand in hand to create a positive, healthy environment.

The 7 Learnable Skills of Resilience

Emotional awareness or regulation	Ability to identify what you are feeling and manage feelings appropriately
Impulse control	Ability to tolerate ambiguity and not rush decision making
Optimism	Optimistic explanatory style - wed to reality
Causal analysis	Ability to view difficulties from a number of perspectives, and consider many factors
Empathy	Ability to read and understand the emotions of others. Helps build relationships with others and gives social support
Self-efficacy	Confidence in your ability to solve problems - involves knowing your strengths and weaknesses
Reaching Out	Being prepared to take appropriate risk - a willingness to try things and view failure as part of life.

Links to documents:

Mark Greenberg - The Key to Human Development
www.youtube.com/watch?v=XmOWfTM8nSI

No Need to Exclude A good practice guide for schools
www.hackneyservicesforschools.co.uk/system/files/extranet/No%20Need%20to%20Exclude.pdf

Teaching Kid about Emotions
<https://www.lifeskills4kids.com.au/teaching-kids-about-emotions-self-regulation/>

Anna Freud: Talking mental health animation toolkit
www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/talking-mental-health-animation-teacher-toolkit/

DfE; Mental Health and Behaviour in Schools
assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/755135/Mental_health_and_behaviour_in_schools_.pdf

The PATHS® Programme
www.pathseducation.co.uk

Statutory Guidance: Relationships education, relationships and sex education (RSE) and health education
www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education

Join the Halcyon Education Academy

We run a [12 week online course](#) giving you the tools and strategies to put mental wellbeing at the heart of your school. It stems from our **10 Steps to a Mentally Healthy School** document which you [can download here](#), along with our [progress tracker](#) to help you prioritise your work.

"The course allowed me to work at my own pace and complete the tasks needed. We have changed our practice as a result and now do a whole school assessment."

For further help or advice, please feel free to [book a call](#) with me or send an email to anna@halcyon.education

