

The Bridge London Outreach Service

'Getting Back to Green' Programme

Introduction

As part of our commitment to a holistic approach to teaching, looking at supporting our pupils in the area of emotional literacy and well-being, we are pleased to be piloting a new emotional regulation programme.

The 'Getting Back to Green' programme seeks to help students to develop their emotional literacy. **Emotional Literacy** simply means that a child can manage their own emotions by:

- Recognising *when* they feel happy/upset/angry/worried
- Knowing *how* their body feels when they are happy/upset/angry/worried
- Figuring out *what strategies* work to help them to relax
- Taking other people's feelings into account in a situation

When children are comfortable with the above strategies, it means that they will feel more at ease in their own bodies, knowing that it's ok to feel angry and upset, and what's really important is how we manage these emotions. They will be able to deal with challenges in a more positive way, manage and build healthy friendships, and deal with stress in a healthy, proactive way.

What this programme does:

The programme comprises 7 45-minute lessons covering the following topics:

- 1: 'Happy'
- 2: 'Worried'
- 3: 'Upset/Angry'
4. 'Tired'
- 5: Looking at different ways to 'get back to green' at home
- 6: Looking at different ways to 'get back to green' at school
- 7: Present 'Getting Back to Green' posters at assembly

In each session:

- a) How do I feel today? Using the three-point stress scale
- b) What makes me happy, worried, upset/angry?
- c) What happens to my body when I'm happy, worried, upset/angry?
- d) What can I do to help myself 'Get Back to Green'?
- e) Practicing progressive muscle relaxation exercises (PMR) where we clench each muscle in the body, and then release them. We explain to students that when the body is tense, it sends a message to the brain that it is in danger. When the body relaxes, all anxiety melts away and the brain can also relax. Practicing muscle tense and release can really help our students to become used to the idea that they are in control of both their body and their brain

Please contact the Bridge Outreach service for all resources, lesson plans and PowerPoints.