



Emotions in the Classroom

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#CambridgeExp19



Why emotions matter

Emotions and the impact on learning



Managing feelings in the classroom

Identifying and understanding emotions



Classroom activities

Providing the opportunity to develop learners' emotional skills

Young learners need...

- ...a **feas** and **erscue** learning environment.
- ...a sense of **egnlobnig**.
- ...a chance to **reptixneem** and use their **taminaniogi**.

Young learners need...

- ...a **safe** and **secure** learning environment.
- ...a sense of **belonging**.
- ...a chance to **experiment** and use their **imagination**.

Think about



- A teacher you had at school
- Why did you choose this teacher?
- Share with a partner

“They may forget what you said but they will never forget how you made them feel.”

Carl W. Buehner

While watching the video



True or False?

1. Learning is purely about content and the cognitive.
2. Negative emotions in the classroom don't impact on learning.
3. There is no aspect of learning that doesn't involve emotions.

A man with short dark hair, wearing a grey button-down shirt, is shown from the chest up. He is looking slightly to his left and appears to be speaking. The background is a wall with a repeating geometric pattern of hexagons and lines. On the left side of the wall, there are several green 3D cube-like icons. On the right side, there are some blue and white geometric shapes. A horizontal orange banner with white text is overlaid at the bottom of the frame.

HOW DO EMOTIONS IMPACT LEARNING?

While watching the video



True or False?

1. Learning is purely about content and the cognitive. **False**
2. Negative emotions in the classroom don't impact on learning. **False**
3. There is no aspect of learning that doesn't involve emotions. **True**



There are **six basic emotions.**

What are they?

High five!

- Put your **hand in the air** if you are very confident about your answer.
- Put your **hand on your shoulder** if you are semi-confident.
- Keep your **hand down by your side** if you are unsure about your answer.



Six basic emotions



Anger



Happiness



Fear



Disgust



Surprise



Sadness

How many other emotions can you name?



Work with a partner.

You have two minutes.

How many emotions can you name?



Robert Plutchik - psychologist
Wheel of Emotions

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Why emotions matter

“Children’s responses to the different feelings they experience every day have a **major impact** on their **choices**, their **behaviour**, and on **how well they cope and enjoy life**”.

kidsmatter.edu.au

“ There is **no aspect** of learning that **doesn’t involve emotions** (...) engaging positive emotions is probably one of the **most vital components** of learning.”

Simon Ward

Educational Psychologist and Cambridge University Press CLJ Consultant



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Managing feelings in the classroom



Write down **two** adjectives that describe your classroom environment.



Why did you choose these adjectives? Share with a partner.

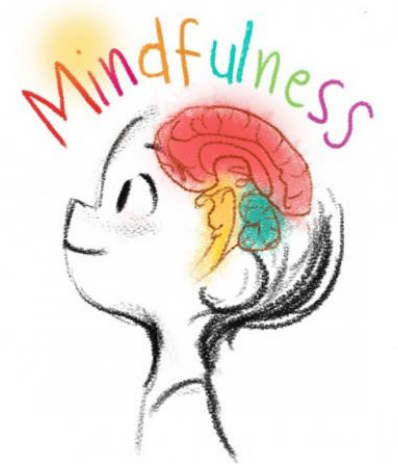


Mindfulness



Mindfulness is...

What is mindfulness?



Cambridge online dictionary definition:

The practice of being aware of your **body**, **mind**, and **feelings** in the present moment.



Increased ability to self-regulate emotions

Increased self-awareness, social awareness and self-confidence

Improved empathy, awareness of others and ability to build positive relationships

Improved attention, memory processing and decision-making abilities

Mindfulness

Practical, creative Science teaching ideas with
Cristina Domínguez Sánchez

MINDFULNESS

Mindfulness in High School

A teacher shares how she implements daily mindful moments and their positive impact on classroom culture.

By [Mary Davenport](#)

February 1, 2018



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Some classrooms have a certain aura, don't they? When you enter, there's [a sense of peace, community, clarity, and active presence](#) from all stakeholders. That is the kind of classroom I want to create, and one way I've sought to accomplish this is by taking a course in mindfulness for educators. Since then, I have led daily mindful moments in all of my classes. It's been transformative for classroom culture

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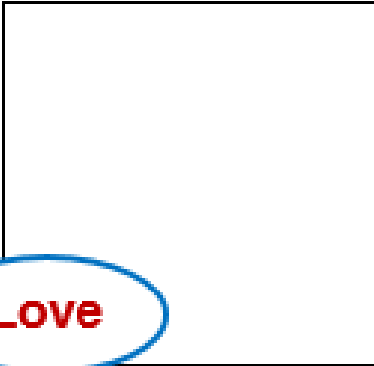



Provide the opportunity to develop learners' emotional skills

Emotionary



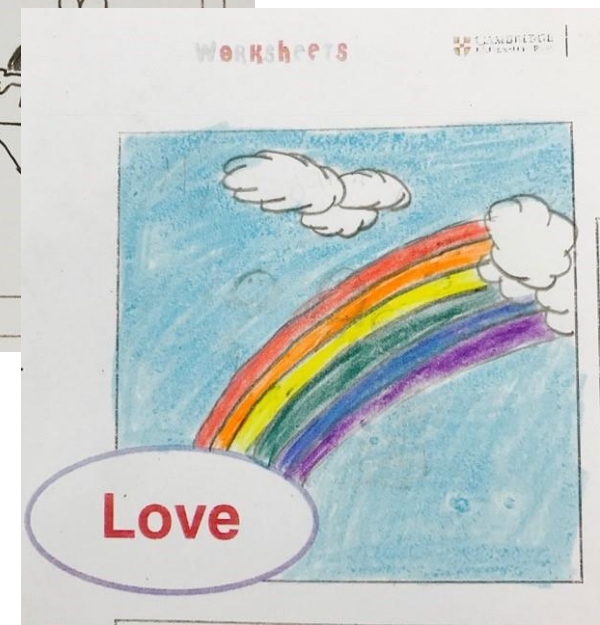
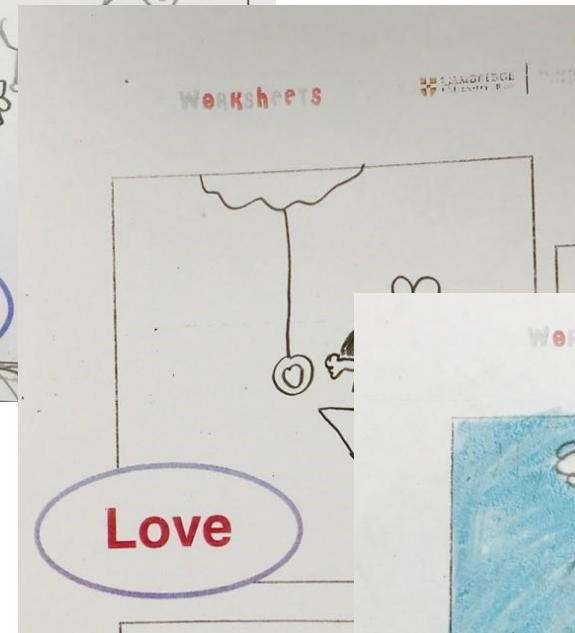
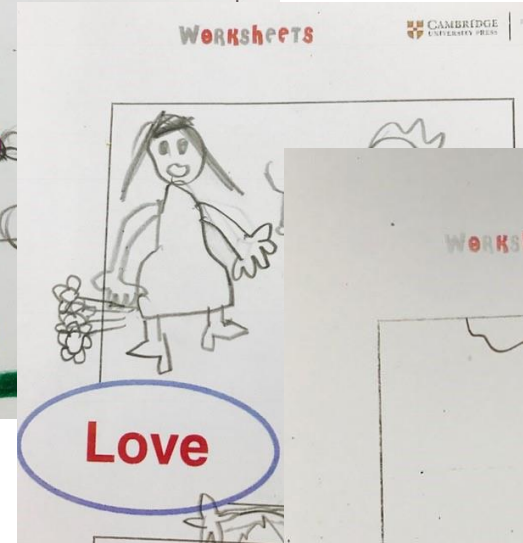
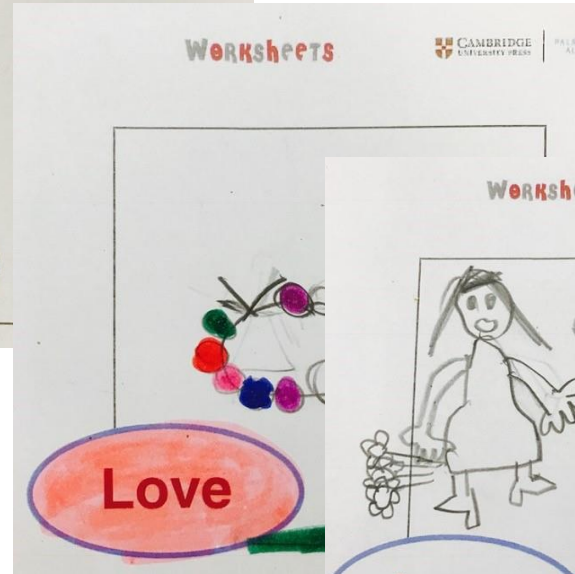
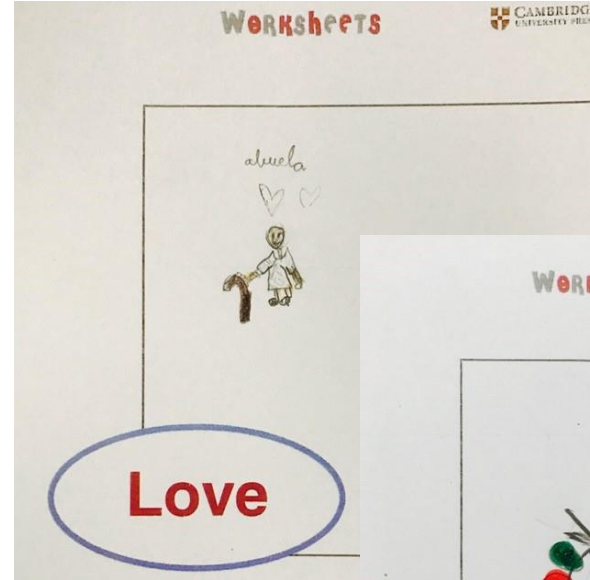
Emotionary

Worksheets | Cambridge |  | emotiOnary

	
Love	Sadness
	
Happiness	Fear

My name is _____.
I am ___ years old.

Emotionary



My name is When I feel really angry, I use a technique that my mum showed me; I go to a quiet place and breathe deeply, with my eyes closed. After a while, I start to feel better.



My name is I really angry, I shout and sometimes I cry. That's letting off steam. After or so, I start to feel cal



My name is I furious, I half-close my stay very still until the

Emotionary

Worksheets Cambridge  emoti

Shyness

Shyness looks like _____

Shyness smells like _____

Shyness tastes like _____

Shyness feels like _____

Shyness sounds like _____

My name is _____

I am _____

Worksheets Cambridge  emotio

Happiness

Happiness looks like _____

Happiness smells like _____

Happiness tastes like _____

Happiness feels like _____

Happiness sounds like _____

My name is _____

I am _____

Worksheets Cambridge  emotio

Excitement

Excitement looks like _____

Excitement smells like _____

Excitement tastes like _____

Excitement feels like _____

Excitement sounds like _____

My name is _____

I am _____

Worksheets Cambridge  emotiOnary

Fear

Fear looks like _____

Fear smells like _____

Fear tastes like _____

Fear feels like _____

Fear sounds like _____

My name is _____

I am _____ years old.

Emotionary

Happiness

Happiness looks like a beautiful

Happiness smells like cake

Happiness tastes like big cookies

Happiness feels like soft cat

Happiness sounds like birds



My name is

I am



Fear

Fear looks like an explosion

Fear smells like trash

Fear tastes like medicine

Fear feels like plastic

Fear sounds like screaming



My name is Paola

I am 1

Enthusiasm

Enthusiasm looks like a butterfly

Enthusiasm smells like a glass

Enthusiasm tastes like cookies

Enthusiasm feels like a soft

Enthusiasm sounds like a water

My name is Cleo

I am 1

Anger



Anger looks like spinach

Anger smells like cow

Anger tastes like apple

Anger feels like sand

Anger sounds like rocks



My name is Paola

I am 10 years old

My
Emotional
Alphabet

a b C d e f g h i
j k l m n o p q r
s t u v w X y z

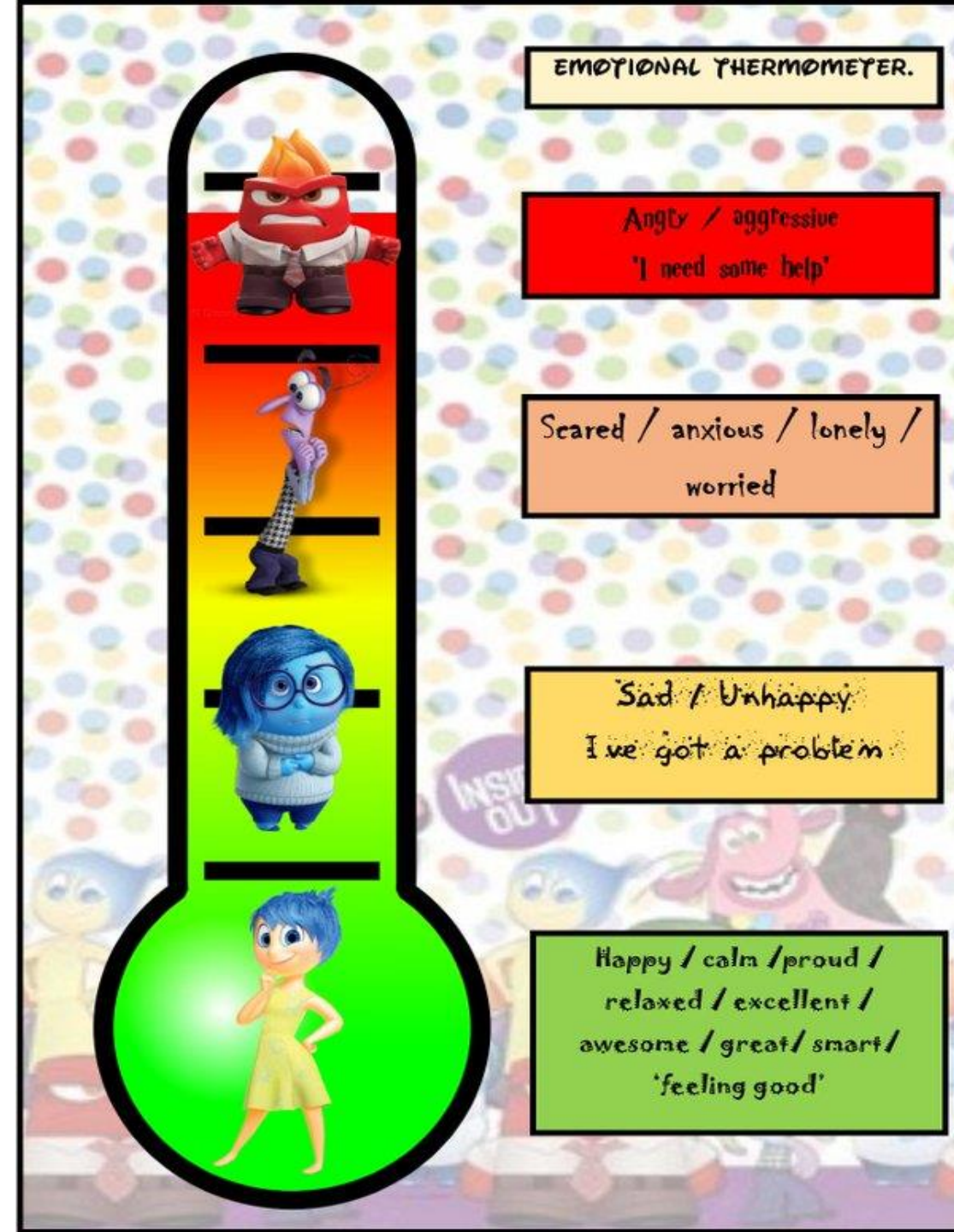
My emotional

ALPHABET

- A: animals 
- B: beach 
- C: chocolate 
- D: dream 
- E: education 
- F: friends 
- G: goodness 
- H: happiness 
- I: ice-cream 
- J: justice 
- K: kindness 
- L: love 
- M: music 

- N: nature 
- O: originality 
- P: peace 
- Q: queen 
- R: rainbow 
- S: smile 
- T: travel 
- U: unique 
- V: victorious 
- W: wildlife 
- X: x-mas 
- Y: youth 
- Z: zoo 

Emotional Thermometer



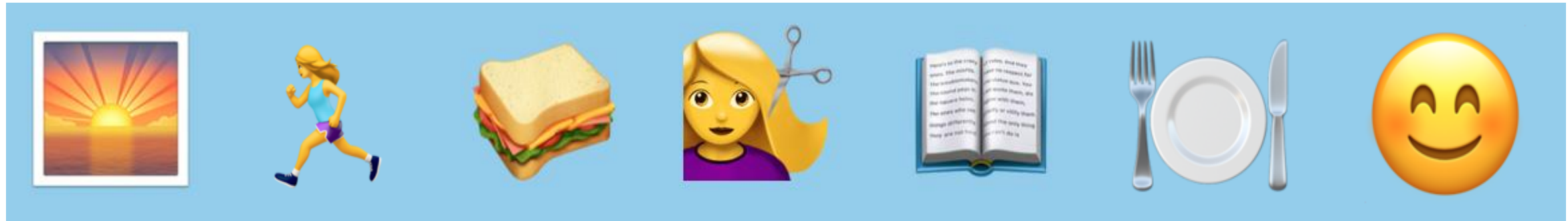
Using emojis to help students identify emotions

- What did Alex do on Sunday?



Using emojis to help students identify emotions

- What did Andrea do yesterday?



The Emoji Movie Video task

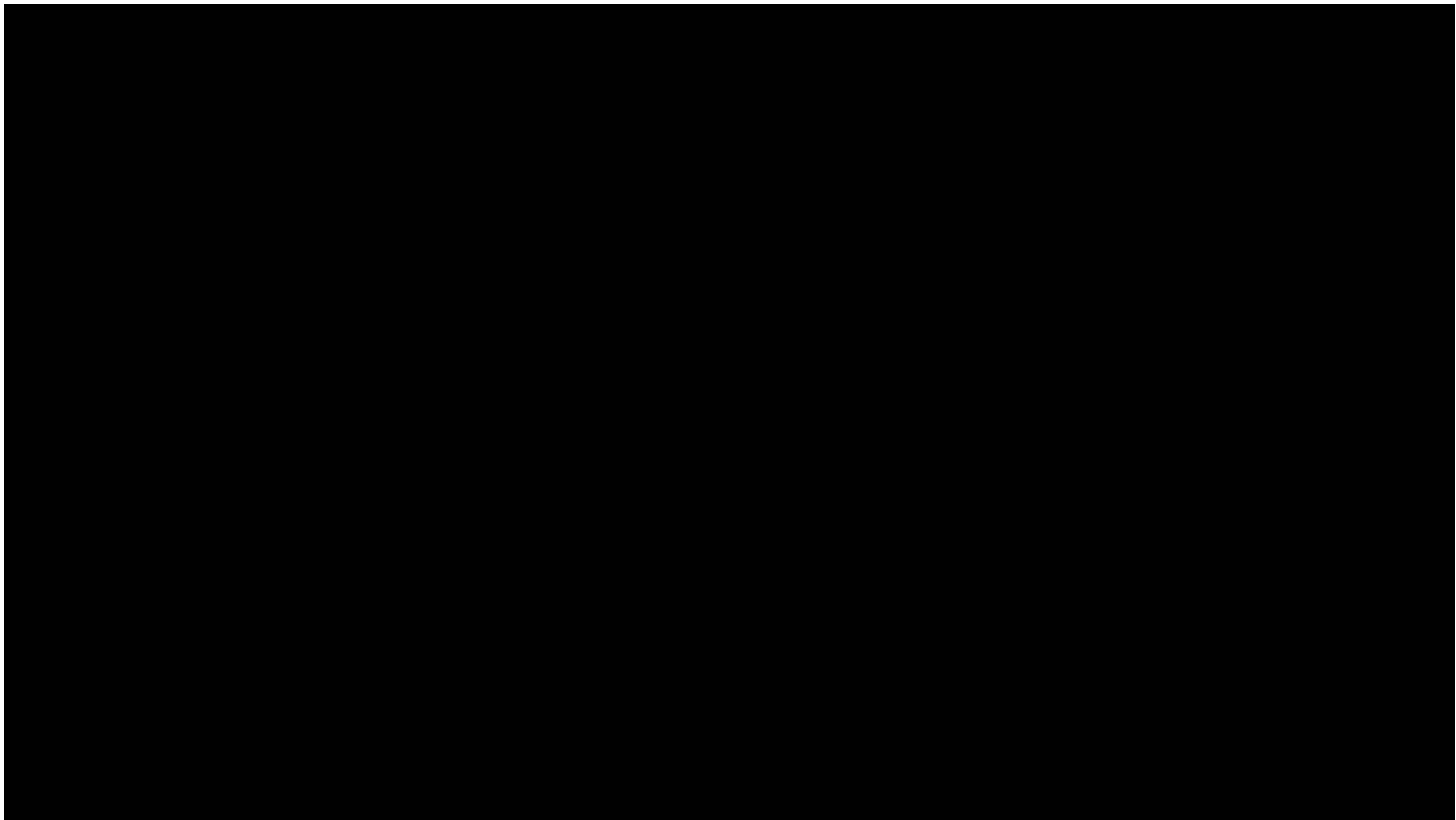


The Emoji Movie Video task

True or False?



1. Everyone is allowed to have lots of different emotions.
2. The *meh* emoji makes the wrong face the first time he is sent into the phone.
3. The high five emoji remembers Alex's girlfriend's name correctly the first time.
4. *Meh* realises he is meant to have more than one emotion.



The Emoji Movie Video task

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False

True

False

True

The Emoji Movie

3 things students learn

- Never stop being yourself.
- Don't be afraid to share your feelings.
- Accept other people for who they are.



Using emoticons in the classroom..

- What do you do if you feel...?
- If I was an emoji I would be...



DIY emoji stress balls

- ✓ Sensory activity
- ✓ Works fine motor skills
- ✓ Reduces anxiety
- ✓ Meditation tool



Materials:

- Balloons
- Rice
- Elastic bands
- Marker pens

The Emoji Movie discussion



In The Emoji Movie, the main character is expected to conform to showing only one emotion.

- Do you think that can happen in real life?
- Have you ever heard the expression “*toughen up*” or “*put on a brave face?*”
- Is it ok to show and tell someone you are feeling sad/scared/unsafe?

Talk about emotions



- Ask learners about social media.
- Sometimes people don't know each other but they "like" each other because popularity is important in life.
- Do you think that is true?
- What makes a real friendship?
- Would you rather have lots of fans or real friends?



*Educating the
mind without
educating the
heart is no
education at all.*

-Aristotle




Learn more at
SpiritualCleansing.Org

Reflection

I can develop emotions in the classroom by...



Showing pictures
OR videos and
ask the sts to
interpret ^{the} feelings
shown

(...)
putting myself
in the
student's
shoes! 

... asking them how
do they feel.

... opening my heart
to the students.

trying to understand
each one of my students

... TAKING A
BIT OF EXTRA
TIME TO
LISTEN.

touching my
students' hearts,
teaching them to
appreciate the learning

showing students
I care.

Showing my ~~ideas~~
emotions
and being
myself.

creating opportunities
to talk about them