

Oak Specialist

# Independent Living

## Unit 2- Personal Care

Applying Learning



# Unit 2- Personal Care

## Lesson 1- Self-care and Hygiene

Developing healthy hygiene habits and routine.

## Lesson 3- Daily Recommendations

Learning about calories and what the daily recommendations are for boys and girls..

## Lesson 5- Celebrating Ourselves

Recognising and celebrating our accomplishments and those of others.

## Lesson 2- Balanced Plate of Food

Understanding the 5 main food groups and what to eat to stay healthy.

## Lesson 4- Balanced Leisure Activities

Thinking about activities to do in our free time and what is available in our local area.

## Lesson 6- Managing Emotions

Identifying and understanding negative emotions and learning strategies to help.



# Lesson 6- Managing emotions



# Teacher notes- Lesson 6

Learning intention: to develop strategies to help manage emotions

1. Discussion about different emotions and how to identify how you are feeling using facial expressions illustrated on slides.
2. How to identify when we are feeling sad/ angry/ upset/ low using facial expressions illustrated on the slide as a guide.
3. Linking emotions to events by writing down, or drawing what can make you feel a certain way.
4. Exploring different relaxing activities and strategies to manage emotions such as yoga, meditation, mindfulness.
5. Use chosen activities to create a personal choosing board to use as a strategy to manage emotions.



Personal Care

# Managing emotions

Applying Learning



# Lesson Activity Stages

This lesson will be taught in 4 stages:

1. Looking at and identifying different emotions.
2. Understanding similar emotions.
3. Thinking of ways to relax and feel calm.
4. Creating a relaxing choosing board.



**How are you feeling today?**



# Let's share some of the emotions you thought of..

Happy

Bored

Shy

Sad

Confused

Worried

Excited

Upset

Fed-up

Angry





Let's think of some negative emotions we can feel sometimes...

Worried

Upset

Angry

Exhausted

Bored

Stressed



# Activity

Let's think of what we can do if we feel some of these negative emotions...

1. Write a list of some activities that you enjoy that help you to feel calm.



# Calming Activities



**Colouring**



**Meditation**



**Walking**



**Doing exercise**



**Cooking**



**Listening to music**



# Activity

1. Using your list of activities, create your own choosing board to use when you feel any of the negative emotions we discussed.

You can draw, write or use a computer to create your choosing board.

I used my computer, what will you choose?



# Independent Living

## Personal Care

### Managing emotions

#### Make it easier

Create a simple choosing board to help you to identify different emotions.

#### Make it harder

Identify different emotions and match them with things that make you feel that way.

#### More ideas

Research different charities and mental health support that can help you if are struggling with your mental wellbeing.



# Further Learning with Oak National

## Independent Living:

- Building Understanding- How to relax (Unit 2)
- Building Understanding- Managing feelings (Unit 2)
- Applying Learning- Balanced leisure activities (Unit 2)

## Communication and Language:

- Building Understanding/Applying Learning- Our World (Unit 5)



# References

Slide 11- Green art colouring pencils, Pixabay / Meditation, Pixabay / Walking, Pixabay / Cycling, Pixabay / Cooking, Pixist / Headphones, Pixabay

