

Foundation Programme in Literacy, Numeracy and Skills

SOCIO-EMOTIONAL WELL-BEING GRADE 9 **Teacher's Guide**



Mauritius Institute of Education
under the aegis of



Ministry of Education &
Human Resource

SOCIO-EMOTIONAL WELL-BEING PANEL

MAURITIUS INSTITUTE OF EDUCATION

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|-------------------------------|------------------------------------|
| Prema RAMSAHA | Panel coordinator, Senior Lecturer |
| Jaabir Shams Muhammad JHUGROO | Senior Lecturer |
| Sehla DILDARKHAN- GOOLAB | Educator |
| Raviparsad FEZAH | Educator |

Proof Reading: K FULENA

GRAPHIC DESIGNER

Karnesh RAMFUL 

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SOCIO-EMOTIONAL WELL-BEING

Teacher's Guide: GRADE 9 - Lesson 1

Emotional Insights: Exploring Complex Feelings with inside out

Competency (according to TLS)

- Recognise and articulate their emotions, thoughts, strengths, and limitations, fostering a positive self-image and confidence in their abilities.

Performance Criteria

- Articulate more complex emotions and understand their underlying causes.

Purpose of activity

This activity aims to help students understand more complex emotions and their underlying causes. Through interactive activities, students will develop emotional awareness and communication skills. They will be able to experience empathy and express themselves freely in a safe environment.

Learning Outcomes

By the end of the lesson, students should be able to:

- identify and articulate complex emotions
- understand the underlying causes of these emotions
- use appropriate vocabulary to express their feelings

Resources and Materials

- "Inside out" movie
- T.V or projector or screen
- Emotion cards with simple illustrations and words (e.g. Fear, Disgust, Anxiety, Boredom, Embarrassment and Envy)
- Markers and pens
- Whiteboard and markers
- Assessment worksheet

Teaching trajectories/ Implementation guidelines

1. Begin with a brief discussion on emotions and their importance.
2. Introduce the movie "Inside Out 2" and explain that it will be used to explore complex emotions.
3. Watch selected scenes from "Inside Out 2" that highlight different emotions and their causes. You can pause at key moments to discuss the emotions being portrayed and their underlying causes.
4. Divide students into small groups and provide each group with emotion cards. Ask each group to identify the emotions experienced by the characters in the movie and discuss the underlying causes.
5. Groups present their findings to the class.
6. Facilitate a discussion on how understanding emotions can help in daily life and relationships.

Assessment

You can use the Emotion Analysis Worksheet:

- Choose a scene from "Inside Out 2" where a character experiences a complex emotion.
- Identify the emotion and describe the scene.
- Explain the underlying cause of the emotion.
- Reflect on a time when you felt a similar emotion and describe the situation.

or

Have oral discussion using the same question

Extension of Activity

Students can role-play different scenes from the movie to practise articulating emotions and responding empathetically.