

CPD – Teacher Training

Emotional Health and Wellbeing

Sessions Overview

Through a series of educational and informative workshops, this course is designed to give an appreciation of how the subject of Emotional Health and Wellbeing contributes more and more to everyday applications in the classroom and for teachers to gain an insight into a range of activities for pupils to engage with in furthering their mental, cognitive and emotional development.

Each session incorporates Role Play Activities, Power point Presentations, Key Vocabulary and Emotive Words exercises, on the subject of Neuroeducation, in addition to Reflection worksheets, Teacher Handouts and Evaluation Assessments.

Breakdown of Sessions for the **Emotional Health and Wellbeing** Workshops:

Session 1: Behavioural Neuroscience

Learning opportunities include:

- Motivation
- Emotion
- Adapting and Adjusting to new situations
- Confidence and Resilience

Session 2: Developmental Psychology

Learning opportunities include:

- Sympathy
- Empathy and Trust
- Conflict Resolution
- Resilience

Session 3: Spirituality

Learning opportunities include:

- Acceptance
- Bereavement
- Diversity
- Cultural Sensitivity

Session 4: Trustworthiness

Learning opportunities include:

- Moral Emotions
- Intuition
- Respectfulness
- Citizenship

Session 5: Self-Concept

Learning opportunities include:

- Politeness
- Aspirations
- Mental Health
- Generosity
- Ambition

Session 6: Wisdom and Knowledge

Learning opportunities include:

- Honesty
- Perseverance
- Sadness
- Neuroscience in Education