

Adult Skills & Family Learning in Lincolnshire
Course Overview

I've Got This

This programme is designed to help people recognise and reflect on how feelings and emotions can affect the individual and others around them. It deals with the importance of them, why they are necessary and aims to discover what contributes to strong emotions, both positive and negative. There will be a selection of strategies and problem solving to help manage any strong emotions and to increase empowerment.

Course learning outcomes:

1. **Define** *emotion* and *feelings* and **build** a vocabulary of words for naming feelings.
2. **Explain** the relationship between the brain and emotions and **describe** how and why emotions are important for human survival.
3. **Identify** and **demonstrate** ways to express emotions non-verbally and **list** the triggers that can contribute to evoking strong reactions (positive and negative)
4. **Administer** permission to have a wide range of feelings for oneself and others
Identify and **explain** one's own feelings or emotions.

Develop strategies and **implement** skills to help manage triggers
Generate relaxation techniques and mindfulness

5. **Select** problem solving techniques to increase empowerment
Main Resources used in all sessions: (eg: name of text book, learning materials, whiteboard, etc)

Duration: 20 Learning Hours