

# Emotional Literacy Skills for Wellbeing and Life

For further details go to <http://www.stevekillick.com/>

## A New Programme

This teaching and learning programme, created by an experienced Teacher and Clinical Psychologist aims to develop key Emotional literacy skills such as emotional awareness and regulation, empathy, social problem solving skills and critical and creative thinking skills. The outcomes for learners include improved confidence, learning and readiness to learn throughout life. A full programme aims to have impact on students emotional wellbeing, developing confidence, resilience (sticking with difficulty and bouncing back) and empathy, all of which support the aims of the four purposes in the new curriculum. Training sessions for teachers, built-in evaluation and follow-on materials help to develop and embed the learning across the curriculum after the programme has finished.

The Programme can be delivered to suit the needs of your school: in intensive blocks from one day to one week, or on a weekly basis over a half or full term. The approach uses both evidence based and expressive arts methodologies and active learning techniques. It can make a significant impact on health and wellbeing.

### What makes this a new approach?

We believe emotional literacy skills are relevant to all. We do not see emotional literacy as something children either have or don't have. Rather it is a set of skills that are constantly developing and that can enhance our abilities to learn, deal with difficulties, guide our actions and so play a full part in life and work.

The programme is now in a pilot stage and we are looking to work with schools to help them devise cross-curricula training which is informed by new developments in psychological approaches to improving well-being and mental health. We can develop bespoke projects to work with learners of all ages and abilities, be they on your MAT register, are difficult to reach or are simply coasting.

The programme is designed and facilitated by an experienced teacher and a clinical psychologist with a strong interest in emotional literacy. Both have experience in using stories and storytelling in their work as a methodology to develop creative and critical thinking skills.



Dr Steve Killick is a Clinical Psychologist with 25 years experience working in the NHS. He has written several books for schools including 'Emotional Literacy at the Heart of the School Ethos', 'Telling Tales-Storytelling as Emotional Literacy' and 'Giving Sorrow Words-Managing Bereavement in Schools'. He currently works as Clinical Lead for the Barnardo's Child Bereavement Service in Cardiff as well as in independent practice as both a HCPC registered Clinical Psychologist and as a Storyteller.



Phil Okwedy is teacher turned performance storyteller who has 16 years of classroom experience in primary education. He first encountered the efficacy of storytelling as a means to raising attainment in writing. More recently, he has specialised in using storytelling to facilitate Philosophical enquiry, and has developed a fun interactive approach that makes concepts explicit, allows learners questions to emerge naturally, while getting straight to the heart of deep and meaningful discussion.

# Emotional Literacy Skills for Wellbeing and Life

## Curriculum Links

### The four purposes

#### healthy, confident individuals who:

- › are building their mental and emotional well-being by developing confidence, resilience and empathy
- › form positive relationships based upon trust and mutual respect
- › face and overcome challenge
- › have the skills and knowledge to manage everyday life as independently as they can

#### ethical, informed citizens who:

- › understand and consider the impact of their actions when making choices and acting
- › respect the needs and rights of others, as a member of a diverse society

#### enterprising, creative contributors who:

- › take measured risks
- › express ideas and emotions through different media

#### ambitious, capable learners who:

- › set themselves high standards and seek and enjoy challenge
- › are building up a body of knowledge and have the skills to connect and apply that knowledge in different contexts
- › are questioning and enjoy solving problems
- › can communicate effectively in different forms and settings, using both Welsh and English
- › can explain the ideas and concepts they are learning about

## AoLE

### Expressive Arts

- Explore their culture, community, society and world now, in the past and the future
- Use the arts to communicate, respond and understand themselves and the world they live in
- Describe, interpret and respond to works of art

### Health and Well-Being

#### 6 Thematic Areas:

- Personal Care and Development
- Healthy Choices
- Learning to Learn
- Relationships and Emotions
- Keeping Safe
- Physical Activity

#### Links taken from:

**A New Curriculum for Wales:  
The story so far...**

**Welsh Government July 2017**