

The Programme Structure

Unit 1—Cool Responses

All our feelings are important. We explore the different feelings we have in school.

Unit 2—Cool Thinking

The ways we think have a powerful influence on how we feel and how we act. We encourage positive thinking.

Unit 3—Cool Faces

Our faces give away a huge amount of information about how we feel. We learn how to interpret what others are feeling from their expression.

Unit 4—Cool Body Language

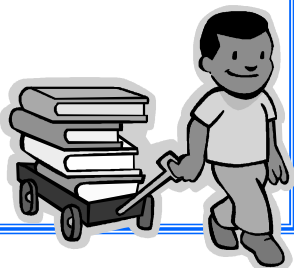
Body language lets others know what we feel about ourselves and others. We explore how to send out the right signals.

Unit 5—Cool Talk

It's not just what we say...it's the way we say it! We practise changing weak/sad talk into 'cool' talk.

Unit 6—More Cool Talk

It's important to know when to stand up for what we want or need. We practise changing weak talk into cool talk.



The Programme Structure Continued

Unit 7—Cool Words

We practise Cool responses to people who are deliberately saying things to hurt us or wind us up.

Unit 8—More Cool Words

More practise in changing weak and aggressive thoughts and actions into Cool ones. We talk about the importance of getting help from an adult in tricky situations.

Unit 9—Cool Compromises

We consider the times in school when things do not go our way. We learn to share our feelings to work out problems and how to accept things and compromise.

Unit 10—Cool Endings

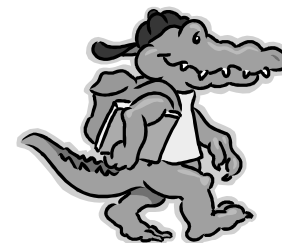
Can we put into practice what we have learned about being 'cool'? We share ways of repairing and forgiving mistakes.

You are encouraged to discuss the information contained in this leaflet with your child and remind them about the 'Cool' response in school and at home.



'WORK TOGETHER TO BE THE BEST WE CAN BE'

Being Cool in School



A guide for parents and carers

Being Cool in School



We work hard to achieve a positive atmosphere in our school. School can be a challenging social setting for everyone.

We recognise that there will be times when our children have to cope with a range of situations and feelings, and sometimes need our support. At times your child may feel frustrated, upset or angry. Sometimes they can react in ways which make things worse.

It is important that we teach our children important life skills to help them to cope at these times. The Being Cool in School programme aims to develop positive attitudes and skills which help manage their responses in a positive way in school and beyond.

Aims of Cool in School Programme

We aim to:

- *Help children recognise, discuss and explore their feelings about themselves and others*
- *Equip children with the attitudes and skills they need to thrive in an ever changing and challenging society*
- *Encourage pupils, staff and parents to work together to teach children respect for themselves and one another in order that they can cope with the challenges of school, and beyond.*



The Three Responses

We all know that difficult feelings can lead to responses that make situations worse. The Cool in School programme will help children to develop skills in managing their responses in school.

Clear guidance is given concerning times pupils can deal with situations by themselves, and times when they must involve an adult.

The programme explores three kinds of response:

- *Sad/Weak/Passive: - ones which we feel less important than others and fail to stand up for ourselves and risk being subjected to bullying type behaviour.*



- *Angry/Aggressive: - ones when we feel more important than others and fail to consider the feelings of others and perhaps try to intimidate others.*



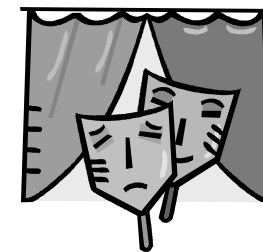
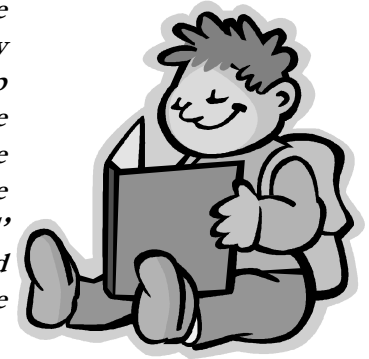
- *Assertive/Cool: - ones which we know we are just as important as everyone else, so we respond in a way that is fair to ourselves and respectful of others.*



How will the Programme be Taught?



In P1-4 the consequence of each response are explored through the experiences of three children in a story form with follow up activities. The children will create displays of the characters. 'Cool' skills are taught and practised through the programme.



In P5-7 the consequence of each kind of response are explored through discussion, games and role play drama activities. Cool skills and attitudes are again taught and practised throughout the programme.