

LOVE DRAMA

Curriculum for Excellence Workshops



Health and Well-being: |Emotional Literacy|Campaign for Happiness

Content

This workshop will explore the various aspects of emotional literacy including: our emotions, feeling good, communication, empathy and self-confidence. Pupils will work with the Love Drama facilitator to produce a Campaign for Happiness. Using various drama techniques and conventions, pupils will explore what makes them feel good, what they do to make others feel good and what they can do to make themselves and others feel better. This uplifting and inspiring workshop will leave pupils with an action plan for positivity which can be developed and discussed post workshop in class.

Learning Level

Suitable for second stage students with information and delivery adapted to the needs of your class.

Space

A large clear space, most suitable would be either a gym or assembly hall.

Time

90 minutes

Additional Information

Healthy Living Workshops are most popular during a school's Health Weeks, but can be booked at anytime of the year to promote all aspects of healthy living amongst pupils. Our Healthy Living Workshops are designed to be a fun, active and challenging way of exploring health issues.

As with all of our workshops it is extremely important the class teacher stays with the group at all times. This ensures that the learning experiences and outcomes are shared and that our workshops contribute effectively to the development of each and every young person.

Love Drama prides itself on creating a bespoke service that meets the needs of its clients. Love Drama is flexible and responsive to individual requests and the dissemination of all workshops can be tailored to complement the outcomes and experiences you have included in your forward planning. You may choose to work with us in a one-off session, over four weeks or for the duration of a term, in order to create a learning experience that effectively supports all participants. If you have any queries regarding participation within these workshops, please do not hesitate to contact us.