

LESSON 7

EMOTIONAL LITERACY - UNDERSTANDING CHEMICAL RESPONSES

LESSON 7
UNDERSTANDING CHEMICAL RESPONSES

Chemical Research
Using a computer, research what **dopamine**, **serotonin**, **oxytocin** and **adrenalin** are. Find out how they are related to our emotions and what effect they have on our bodies. Fill in the following sheet below.

Dopamine

What is it?

How is it related to our emotions?

What does it do to our body?

LESSON 7
UNDERSTANDING CHEMICAL RESPONSES

Serotonin

What is it?

How is it related to our emotions?

What does it do to our body?

LESSON 7
UNDERSTANDING CHEMICAL RESPONSES

Oxytocin

What is it?

How is it related to our emotions?

What does it do to our body?

LESSON 7
UNDERSTANDING CHEMICAL RESPONSES

Adrenalin

What is it?

How is it related to our emotions?

What does it do to our body?

Victorian Curriculum: PERSONAL AND SOCIAL CAPABILITY

Self Awareness and Management

- **Recognition and expression of emotions** - Explore the links between their emotions and their behaviour.
- **Development of resilience** - Reflect on how personal strengths have assisted in achieving success at home, at school or in the community.
- **Development of resilience** - Describe what it means to be confident, adaptable and persistent and why these attributes are important in dealing with new or challenging situations.

Learning intentions:

- To understand that emotions come from chemicals released in the body.
- To build their vocabulary based on emotions.
- To express their emotions appropriately.

Resources:

- Student access to computers.
- Student workbooks.

Outline:

Activity 1: Categories Game (10 mins)

- This can be done as a whole class or in small groups. You say a category of emotions and the students take turns listing emotions. If the emotion has already been said, then the student is out. The last student standing is the winner.
- **First category:** joyful emotions.
- **Second category:** angry emotions.
- **Third category:** emotions starting with the letter 's.'
- **Fourth category:** emotions that make you tired.
- You can add or remove any category that you want. Give students the chance to come up with their own categories. This activity aims to promote emotional vocabulary and explore different feelings.

Activity 2: Chemical Research (30 mins)

- Students research what dopamine, serotonin, oxytocin and adrenalin are. They find out how they are related to our emotions and what effect they have on our bodies.

Activity 3: Share (10 mins)

- Share what you found out about dopamine, serotonin, oxytocin and adrenalin. Make a class anchor chart to display and refer to.