

On Edge

Lesson 2

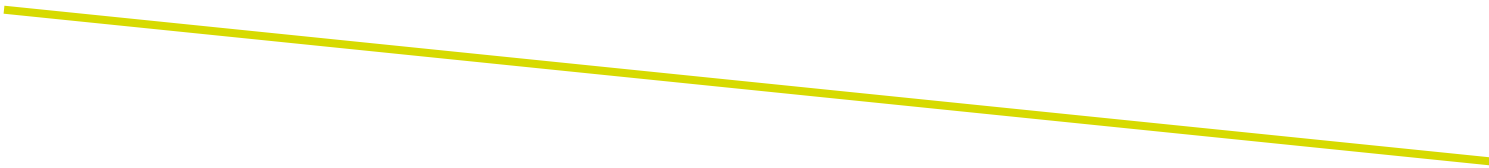
Dealing with difficult feelings

Outcomes from Lesson 2

- I recognise and understand different feelings
- I understand that the feelings we find difficult to deal with are the painful ones
- I understand that the feelings we find difficult to deal with are the ones most likely to lead to self-harm



Keep Safe

- The topic of self-harm can be a very sensitive issue for some people
 - Pupils are expected to be supportive and respectful of others
 - If you feel concerned or worried, talk to a member of staff
 - Information will be available after each lesson if you want to talk to someone in private
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How would I feel if.....?





Dealing with it

Easy feelings

Difficult feelings



Millie's Story

1. What was happening to Millie?
2. What or how was Millie feeling?
3. What were the physical things happening to Millie?
4. When did Millie try to tell someone?