

What's the Emotional Syllabus about?

The Emotional Syllabus is one of the resources we offer as part of the Cambridge Learning Journey. As you may already know, the Cambridge Learning Journey is the educational route which Cambridge University Press offers young learners from infancy up to late adolescence through its courses and accompanying resources. The aim of this learning journey is to help young learners not only become academically competent adults, but also to gain emotional and social competences.

Recent psychological studies have shown that a developed emotional competence favours both our social adaptation and the resolution of conflicts, but also improves our academic performance, our ability to make decisions and our well-being.

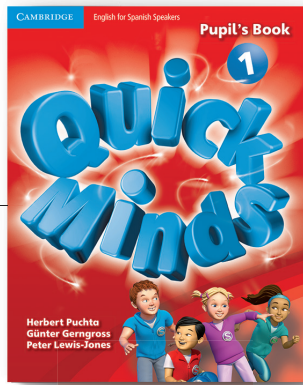
Our emotional education starts at an early age. After only a few months a baby can express emotions such as surprise, anger, happiness and even fear. In the first few years other emotions begin to surface like love, sadness, shame and disgust. Children also learn how to recognise emotions in others and develop self-control mechanisms. The progressive acquisition of language and the relationships with family, friends and educators play vital roles throughout a child's development. In general, when children are around seven or eight years old they have a well-established understanding of their own emotions and those of others and begin to be able to talk about them. In the years that take them through to adolescence, emotions play a key role in friendships and in their capacity to make value judgements and responsible decisions.

From a pedagogical perspective, it is a question of helping them identify and recognise both their own emotions and those of others, to control their reactions to situations which affect them in order to give an adequate response, to develop empathy and the ability to listen, so their relationships with others are friendly and honest. This will arm them with the capacity to construct the emotional states they need to deal with everyday situations and feel physically and mentally healthy.

The ideas put forward in the work of Rafael Bisquerra Alzina and Núria Pérez Escoda (2007) have been used as a point of reference to draw up an Emotional Syllabus, which includes a list of the emotions present in our materials along with each of the related emotional competences, teaching notes and extra worksheets full of ideas for working with the emotions and their competences in the classroom.

Emotional syllabus

Quick Minds 1 (Pupil's Book)

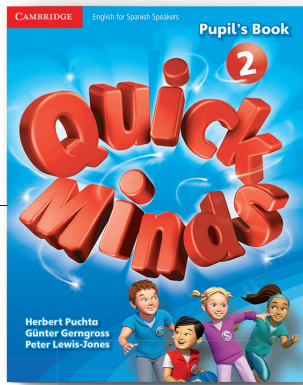


Unit	PB section	Emotion	Emotional competences
Friends	p8 Story	Admiration	Self-motivation > Have a positive image of yourself. Life and well-being awareness > Have the capacity to enjoy positive experiences in social life.
1 At school	p14 Story	Stress	Self-management > Be conscious of how emotions influence behaviour. Social awareness > Be capable of cooperating with others.
2 Let's play!	p22 Story	Frustration	Self-motivation > Be resilient. Self-management > Be able to express your emotions appropriately.
3 Pet show	p32 Story	Fear	Social awareness > Have the capacity to influence or manage other people's emotions. Self-management > Reduce the length and intensity of negative emotions.
4 Lunchtime	p40 Story	Desire	Social awareness > Show respect to others. Life and well-being awareness > Take responsibility for making decisions using social criteria.
5 Family	p48 Story	Discouragement	Self-motivation > Be resilient. Life and well-being awareness > Contribute to others' well-being.
6 Get dressed	p58 Story	Remorse	Social awareness > Control basic social abilities: asking for forgiveness. > Have the capacity to prevent and resolve interpersonal conflicts.
7 The robot	p66 Story	Satisfaction	Life and well-being awareness > Look for help and resources. > Have the capacity to enjoy positive experiences in all areas of life: work, social and personal.
8 At the beach	p74 Story	Compassion	Social awareness > Show respect to others. Self-awareness > Understand how others feel.



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Quick Minds 2 (Pupil's Book)

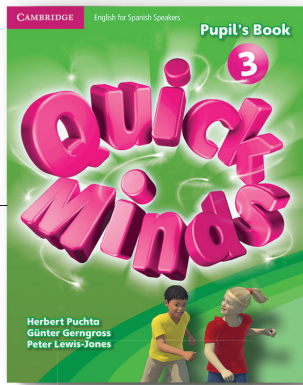


Unit	PB section	Emotion	Emotional competences	
	The school bag	p8 Story	Satisfaction	Life and well-being awareness > Be an active, civic and responsible citizen. Self-motivation > Be responsible for making decisions and behaving in a safe manner.
1	Back to school	p14 Story	Enthusiasm	Self-management > Be perseverant. Social awareness > Be capable of cooperating with others.
2	The zoo	p22 Story	Gratefulness	Life and well-being awareness > Look for help and resources. Self-motivation > Feel optimistic and capable, intend to make the world a better place.
3	My bedroom	p32 Story	Disappointment	Self-motivation > Make sure there is harmony between your emotions and moral values. > Be responsible for making decisions and behaving in an ethical manner.
4	Come to my party!	p40 Story	Acceptance	Self-motivation > Get emotionally involved in the positive aspects of your life. Self-management > Reduce the length and intensity of negative emotions.
5	Off we go!	p48 Story	Gratefulness	Life and well-being awareness > Contribute to others' well-being. Social awareness > Be capable of cooperating with others.
6	Sports club	p58 Story	Pride	Social awareness > Be assertive. Self-motivation > Be resilient.
7	In the countryside	p66 Story	Helplessness	Life and well-being awareness > Look for help and resources. Social awareness > Be capable of cooperating with others.
8	Amusement park	p74 Story	Astonishment	Social awareness > Understand that in human relationships sincerity and reciprocity are fundamental. Self-motivation > Feel optimistic and capable, intend to make the world a better place.



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Quick Minds 3 (Pupil's Book)

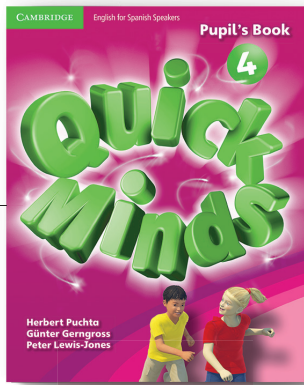


Unit	PB section	Emotion	Emotional competences
Meet The Explorers	p8 Story	Hostility	Social awareness > Have the capacity to prevent and resolve interpersonal conflicts. Self-motivation > Have the capacity for self-motivation.
1 My week	p14 Story	Insecurity	Self-motivation > Be responsible for making decisions and behaving in an ethical manner. Life and well-being awareness > Look for help and resources.
2 Birthdays	p22 Story	Boredom	Life and well-being awareness > Be an active, civic and responsible citizen. Self-management > Reduce the length and intensity of negative emotions.
3 Our day	p32 Story	Compassion	Self-management > Be perseverant. Life and well-being awareness > Contribute to others' well-being.
4 The haunted house	p40 Story	Enthusiasm	Social awareness > Have the capacity to influence or manage other people's emotions. Life and well-being awareness > Have the capacity to enjoy positive experiences in all areas of life: work, social and personal.
5 By the sea	p48 Story	Helplessness	Social awareness > Control basic social abilities: showing thanks. > Be capable of cooperating with others.
6 The market	p58 Story	Satisfaction	Life and well-being awareness > Look for help and resources. Self-management > Feel optimistic and capable.
7 Around town	p66 Story	Admiration	Social awareness > Control basic social abilities: showing interest in other cultures. Self-management > Be perseverant.
8 Holiday plans	p74 Story	Satisfaction	Self-management > Get emotionally involved in the positive aspects of your life. Life and well-being awareness > Have the capacity to set ourselves positive and realistic goals.



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Quick Minds 4 (Pupil's Book)

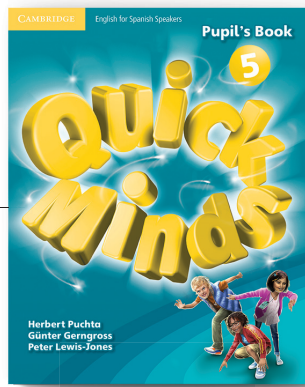


Unit	PB section	Emotion	Emotional competences	
	Well done, Explorers!	p8 Story	Astonishment	Self-management > Generate positive emotions and enjoy life. Life and well-being awareness > Have the capacity to set ourselves positive and realistic goals.
1	His hair is curly	p14 Story	Fear	Self-management > Be perseverant. Life and well-being awareness > Look for help and resources.
2	Eating out	p22 Story	Relief	Life and well-being awareness > Take responsibility for making decisions using safety criteria. Social awareness > Have the capacity to prevent and resolve interpersonal conflicts.
3	The journey	p32 Story	Irritation	Self-awareness > Be conscious of how emotions influence behaviour. Self-management > Reduce the length and intensity of negative emotions.
4	Our daily tasks	p40 Story	Nostalgia	Self-management > Be perseverant. > Manage frustration.
5	Look at that baby!	p48 Story	Helplessness	Life and well-being awareness > Look for help and resources. Self-motivation > Have the capacity for self-motivation.
6	Our school	p58 Story	Happiness	Social awareness > Control basic social abilities: being polite. Self-management > Be able to express your emotions appropriately.
7	I'd like to be a...	p66 Story	Satisfaction	Social awareness > Have the capacity to prevent and resolve interpersonal conflicts. Life and well-being awareness > Have the capacity to enjoy positive experiences in all areas of life: work, social and personal.
8	At the seaside	p74 Story	Enthusiasm	Life and well-being awareness > Have the capacity to enjoy positive experiences in social life. Self-motivation > Make sure there is harmony between your emotions and moral values.

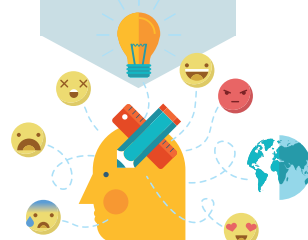


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Quick Minds 5 (Pupil's Book)

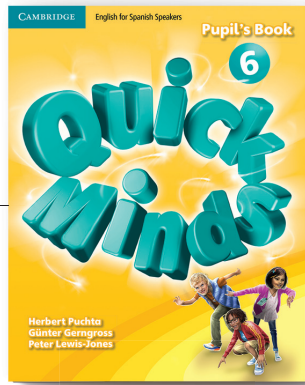


Unit	PB section	Emotion	Emotional competences	
	The Science lesson	p8 Story	Excitement	Social awareness > Be capable of cooperating with others. Life and well-being awareness > Have the capacity to enjoy positive experiences in all areas of life: work, social and personal.
1	The rock 'n' roll show	p14 Story	Admiration	Social awareness > Have the capacity to influence or manage other people's emotions. Life and well-being awareness > Contribute to others' well-being.
2	The story teller	p22 Story	Anger	Social awareness > Have the capacity to prevent and resolve interpersonal conflicts. > Have the capacity to influence or manage other people's emotions.
3	In Istanbul	p32 Story	Remorse	Self-awareness > Make decisions based on your own emotions. Social awareness > Control basic social abilities: asking for forgiveness.
4	Mystery at sea	p40 Story	Hostility	Self-awareness > Name your emotions. Self-motivation > Be resilient.
5	Crazy inventions	p48 Story	Enthusiasm	Self-motivation > Feel optimistic and capable, intend to make the world a better place. Social awareness > Control basic social abilities: being polite.
6	In the hospital	p58 Story	Admiration	Self-motivation > Feel optimistic and capable, intend to make the world a better place. Life and well-being awareness > Have the capacity to enjoy positive experiences in all areas of life: work, social and personal.
7	Ancient Egypt	p66 Story	Fear	Self-management > Be perseverant. Self-management > Reduce the length and intensity of negative emotions.
8	The treasure	p74 Story	Compassion	Life and well-being awareness > Contribute to others' well-being. Self-motivation > Be responsible for making decisions and behaving in an ethical manner.



Emotional syllabus

Quick Minds 6 (Pupil's Book)



Unit	PB section	Emotion	Emotional competences
Back to school	p8 Story	Nostalgia	Life and well-being awareness > Have the capacity to enjoy positive experiences in social life. Self-management > Control your impulses.
1 Jet packs for hire	p14 Story	Excitement	Self-management > Generate positive emotions and enjoy life. Life and well-being awareness > Take responsibility for making decisions using safety criteria.
2 The Jurassic Age	p22 Story	Stress	Self-management > Be conscious of how emotions influence behaviour. > Be perseverant.
3 This is Houston	p32 Story	Being misunderstood	Social awareness > Control basic social abilities: asking for forgiveness. Life and well-being awareness > Have the capacity to enjoy positive experiences in all areas of life: work, social and personal.
4 Museum of the future	p40 Story	Stress	Social awareness > Be capable of cooperating with others. Self-management > Reduce the length and intensity of negative emotions.
5 Space restaurant	p48 Story	Astonishment	Social awareness > Have the capacity to prevent and resolve interpersonal conflicts. Life and well-being awareness > Have the capacity to enjoy positive experiences in social life.
6 Olympic sports	p58 Story	Frustration	Self-management > Manage frustration. Self-awareness > Understand how others feel.
7 Disaster!	p66 Story	Confusion	Life and well-being awareness > Look for help and resources. > Take responsibility for making decisions using safety criteria.
8 In the rainforest	p74 Story	Helplessness	Self-motivation > Be resilient. Social awareness > Be capable of communicating effectively.

