

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 such emotions as surprise, anger, happiness and even fear. In the first few years other emotions begin to surface, such as love, sadness, shame and disgust. Children also learn how to recognise emotions in others and develop self-control mechanisms. 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. But their emotional education does not end at this point. In the following years of adolescence there is still a lot to learn and discover. They find that they begin to feel different emotions at the same time, which can cause complex mood swings where, for example, enthusiasm could have its origins in another emotion, such as love. Luckily, at this stage, they have more resources to control their emotions, amongst these is the capacity to make value judgements or to be aware of the consequences of the decisions they make when influenced by their emotions. They feel a deep need to create and maintain friendships, where the expression of and openness to emotions are key, along with the ability to positively impress others.

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

Smart Planet 1 (Student's Book)



Unit	SB section	Emotion	Emotional competences
1 Our world	p11 Video: The Yellow Ferrari	Frustration	Self-management > Manage frustration. Life and well-being awareness > Have the capacity to enjoy positive experiences in all areas of life: work, social and personal.
2 Family and friends	p25 Video: My Family, by Boris Moldanov	Gratitude	Life and well-being awareness > Have the capacity to enjoy your own well-being. > Contribute to others' well-being.
3 It's my life!	p31 Video: Ali's Day	Satisfaction	Life and well-being awareness > Be an active, civic and responsible citizen. Self-management > Generate positive emotions and enjoy life.
4 Schooldays	p43 Video: Kung Fu School	Serenity	Social awareness > Be capable of cooperating with others. > Have the capacity to influence or manage other people's emotions.
5 Food, food, food!	p57 Video: Dabbawallas	Pride	Social awareness > Show respect to others. Control basic social abilities: being polite.
6 Animal world	p68 Video: Going to Museums	Desire	Self-management > Be conscious of how emotions influence behaviour. > Be able to express your emotions appropriately.
7 Towns and cities	p80 Video: Meeting Friends	Excitement	Social awareness > Understand that in human relationships, sincerity and reciprocity are fundamental. > Be assertive.
8 Sports time	p89 Video: The Bowler	Pleasure	Self-motivation > Have the capacity for self-motivation. Self-management > Be perseverant.
9 We ♥ holidays!	p99 Video: Alaska	Enthusiasm	Self-motivation > Be responsible for making decisions and behaving in a safe, healthy and ethical manner. > Have the capacity for self-motivation.



Emotional syllabus

Smart Planet 2 (Student's Book)



Unit	SB section	Emotion	Emotional competences
1 What's on?	p11 Video: A Life on Broadway	Enthusiasm	Life and well-being awareness > Have the capacity to enjoy positive experiences in all areas of life: work, social and personal. > Be capable of cooperating with others.
2 Let's shop!	p25 Video: Tiger Sanctuary	Compassion	Life and well-being awareness > Be responsible for making decisions using ethical criteria. > Have the capacity to enjoy positive experiences in all areas of life: work, social and personal.
3 Role models!	p35 Video: A Nation's Heroes	Euphoria	Social awareness > Be capable of cooperating with others. Self-management > Generate positive emotions and enjoy life.
4 It's a crime!	p47 Video: The Case of the Missing Woman	Confusion	Life and well-being awareness > Be an active, civic and responsible citizen. > Look for help and resources.
5 Our house	p57 Video: Moving House	Nostalgia	Self-awareness > Make decisions based on your own emotions. Self-motivation > Have the capacity for self-motivation.
6 Visions of the future	p63 Video: Robot Pizza Delivery	Satisfaction	Life and well-being awareness > Have the capacity to enjoy our own well-being and contribute to that of others. > Be responsible for making decisions using safety criteria.
7 Life choice	p75 Video: A School at Home	Enthusiasm	Self-motivation > Have a positive image of yourself. > Have the capacity for self-motivation.
8 Danger! Danger!	p89 Video: A Deadly Job	Relief	Life and well-being awareness > Be responsible for making decisions using safety criteria. > Be an active, civic and responsible citizen.
9 Have fun!	p95 Food and Fun in NYC	Pleasure	Life and well-being awareness > Have the capacity to enjoy your own well-being. > Contribute to others' well-being.



Emotional syllabus

Smart Planet 3 (Student's Book)



Unit	SB section	Emotion	Emotional competences
1 Extreme living	p14 Speaking	Acceptance	Self-motivation > Get emotionally involved in the positive aspects of your life. Life and well-being awareness > Have the capacity to enjoy your own well-being.
2 Disasters	p24 Speaking	Helplessness	Social awareness > Have the capacity to influence or manage other people's emotions. Self-management > Reduce the length and intensity of negative emotions.
3 Priorities	p34 Speaking	Gratefulness	Social awareness > Control basic social abilities: asking for a favour. > Control basic social abilities: showing thanks.
4 Street art	p46 Speaking video	Enthusiasm	Social awareness > Have the capacity to enjoy positive experiences in social life. > Be capable of communicating effectively.
5 Adventure	p56 Speaking	Stress	Life and well-being awareness > Look for help and resources. > Be responsible for making decisions using safety criteria.
6 Fears	p66 Speaking	Fear	Self-awareness > Make decisions based on your own emotions. > Understand how others feel.
7 Let's talk	p78 Speaking	Insecurity	Self-management > Reduce the length and intensity of negative emotions. Social awareness > Have the capacity to influence or manage other people's emotions.
8 School life	p88 Speaking	Frustration	Social awareness > Have the capacity to prevent and resolve interpersonal conflicts. Life and well-being awareness > Look for help and resources.
9 Green planet	p98 Speaking	Disappointment	Social awareness > Control basic social abilities: asking for forgiveness. > Be capable of communicating effectively.



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Smart Planet 4 (Student's Book)



Unit		SB section		Emotion	Emotional competences
1	Changes	p14	Speaking	Admiration	<p>Self-motivation > Have a positive image of yourself.</p> <p>Social awareness > Control basic social abilities: having an open attitude to dialogue.</p>
2	A helping hand	p24	Speaking	Sadness	<p>Self-management > Be conscious of how emotions can influence behaviour.</p> <p>Social awareness > Understand that in human relationships, sincerity and reciprocity are fundamental.</p>
3	Young achievers	p34	Speaking	Acceptance	<p>Life and well-being awareness > Take responsibility for making decisions using ethical criteria. > Be capable of cooperating with others.</p>
4	Fabulous food	p46	Speaking	Delight	<p>Life and well-being awareness > Have the capacity to set ourselves positive and realistic goals.</p> <p>> Contribute to others' well-being.</p>
5	Love yourself!	p56	Speaking	Enthusiasm	<p>Self-management > Feel optimistic and capable.</p> <p>Social awareness > Have the capacity to influence or manage other people's emotions.</p>
6	Stuff we like	p66	Speaking video	Satisfaction	<p>Life and well-being awareness > Have the capacity to enjoy your own well-being. > Have the capacity to enjoy positive experiences in all areas of life: work, social and personal.</p>
7	Celebrate in style	p78	Speaking	Stress	<p>Life and well-being awareness > Look for help and resources.</p> <p>Social awareness > Be capable of cooperating with others.</p>
8	Weird and wonderful	p88	Speaking video	Frustration	<p>Self-management > Manage frustration.</p> <p>> Reduce the length and intensity of negative emotions.</p>
9	Right or wrong?	p98	Speaking video	Disappointment	<p>Social awareness > Understand that in human relationships, sincerity and reciprocity are fundamental.</p> <p>Self-awareness > Name your emotions.</p>

