

SOCIAL EMOTIONAL WELLBEING

Exploring Comfortable & Uncomfortable Feelings

Lesson Overview:

Students explore how digital experiences can influence their emotions by analysing the experiences of Ava, Noah and Zoe. Through discussion and reflection, students identify comfortable and uncomfortable feelings, recognise that different people may respond differently to the same situation, and develop empathy by connecting the characters' experiences to their own lives.

Learning Outcomes:

By the end of this lesson, students will be able to:

- identify a range of comfortable and uncomfortable feelings
- explain how different digital experiences can influence emotions
- recognise that people may respond differently to the same situation
- describe strategies that help manage uncomfortable feelings
- connect the experiences of the characters to their own lives.

Key Words:

Comfortable feelings, uncomfortable feelings, emotions, empathy, perspective, screen time, wellbeing.

Lesson Resources:

[Lesson Slides](#), [Feelings chart](#)

Curriculum Links

English

- Use interaction skills to contribute to conversations and discussions, acknowledge the ideas of others, and build on these ideas using appropriate language (AC9E3LA01 / AC9E4LA01)

Health and Physical Education

- Describe and apply protective behaviours and help-seeking strategies in a range of online and offline situations (AC9HP4P08)

LESSON SLIDES

Introduce:

- Display the feelings chart on slide 3
- Briefly discuss:
 - What makes a feeling comfortable?
 - What makes a feeling uncomfortable?
 - Would you add any feelings to this chart?

Explore:

Students...

- Watch the clips from the Term 2 episode (slides 4-14)
- Respond to the 'Turn & Talk' questions
 - How do you think Ava feels while watching videos?
 - What might Noah be feeling when he is "raging"?
 - How does Zoe feel when she is playing pickleball?
 - Have you ever felt "stuck in the scroll"?
 - What made Noah feel uncomfortable?
 - How might Zoe be feeling after receiving those messages?
 - How do Noah and Ava feel as they listen to Zoe?

Reflect:

- Which character did you relate to the most? Why?
- Write or draw about a time you experienced something similar to Ava, Noah or Zoe.

Exit Ticket:

- What could you do if you started feeling uncomfortable? Who could you talk to?