

SOCIAL EMOTIONAL WELLBEING

PHONES, FRIENDSHIPS & FEELINGS

Lesson Overview:

Students explore how digital experiences and relationships can influence emotions by analysing the experiences of Theo and Evie. Through discussion, students distinguish between visible emotions and those that may be hidden beneath the surface. Using the iceberg model, they infer characters' feelings, consider multiple perspectives, and reflect on how empathy and understanding can strengthen relationships.

Learning Outcomes:

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

- identify both visible and hidden emotions in different situations
- infer how a person may be feeling using evidence from their words and actions
- recognise that behaviour does not always reflect a person's true emotions
- consider different perspectives and respond with empathy
- reflect on how digital technology can influence friendships and relationships.

Key Words:

Screen time, notifications, bedtime routine, wellbeing, habits, balance, self-reflection.

Lesson Resources:

[Lesson Slides](#), [Feelings Chart](#), [Iceberg Reflection](#)

Curriculum Links

English

- Use interaction skills to contribute to discussions, clarify and build on ideas, and respond thoughtfully to others (AC9E5LA01 / AC9E6LA01)

Health and Physical Education

- Investigate how emotional responses vary in depth and intensity and apply strategies that promote their own and others' health, safety, wellbeing and participation in physical activity ([AC9HP6P08](#))

LESSON SLIDES

Introduce:

- Display the feelings chart on slide 3
- Would you add any feelings to this chart?
- Introduce the idea that we often see behaviour, but we don't always see how someone truly feels.

Explore:

Students...

- Watch the clips from the Term 2 episode (on slides 4-15) and respond to the 'Turn & Talk' questions
 - How do you think Theo feels about his new phone?
 - How might Evie feel?
 - What feelings can you see?
 - What feelings might be hidden?
 - Is Theo a terrible friend? Why or why not?
 - How does it feel when someone is more interested in their device than you?
 - Did Theo's behaviour change throughout the episode?

Reflect:

Students...

- Complete the Iceberg Reflection Template:
 - Above the water, list the feelings they observed.
 - Below the water, infer feelings that may have been hidden beneath the surface.
- Use two different colours to distinguish Theo's feelings from Evie's.
- Compare their thinking with a partner before discussing as a class.

Exit Ticket:

- How can empathy improve our friendships?