EMOTION WORKS AT STRATHMORE PRIMARY SCHOOL

- Cog Curriculum embedded throughout the whole school delivered through Health and Wellbeing lessons, across Literacy and IDL learning and teaching and in a wide range of contexts
- A shared Emotion Works language by all adults to ensure consistency and support learners to understand, share and regulate their emotions effectively



- Cog Corner developed as a wellbeing space that enables learners to access co-regulation and self-regulation strategies as needed
- Whole School Emotion Works events to celebrate and promote emotional literacy and build a shared a ethos and understanding
- Tactile clay characters, known as Coggies, created to allow learners to engage in Emotion Works in a meaningful way and provide a visual tool to support discussion at home
- Learner leadership group, the Cog Crew, visit classes each week to explore Emotion Works learning and share progress and key elements at Assembly
- Original Strathmore Cog Songs written and performed at Assembly by the Cog Choir and whole school and at Church services with our wider community
- Emotion Works used by partners supporting Strathmore learners ensuring continuity of approach
- Emotion Works YouTube videos created by learners to explain each cog and provide a valuable resource
- Parent/Carer Emotion Works themed Learner Cafes where feedback about impact has been gathered
- Emotion Works used to support key transition
- A whole school Emotion Works Floorbook including analysis of movies using the Cogs, captures and tracks learning from P1–P7, providing clear evidence of progression and impact over time

Key Links to "How Good Is Our School" Quality Indicators:

- 1.1 Self-evaluation for Self-improvement
- 1.2 Leadership of Learning
- 2.1 Safeguarding and Child Protection
- 2.2 Curriculum
- 2.3 Learning, Teaching and Assessment
- 2.5 Family Learning
- 2.6 Transitions
- 2.7 Partnerships
- 3.1 Ensuring Wellbeing, Equality and Inclusion















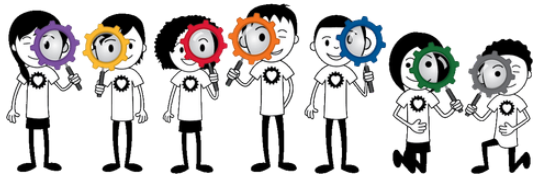

Scan the QR codes to hear our learners tell you about each Emotion Works cog

Scan this QR code to hear our Cog Choir sing one of our Emotion Works songs

"For my child, Emotion Works has been transformative. As a child who can find understanding and expressing emotions challenging, the cogs have given him a way to make sense of their feelings and communicate them to others. Watching him talk so passionately and confidently about Emotion Works has made us incredibly proud. It has helped us understand him better at home and has given him tools that support him every day. We are hugely grateful to the staff at Strathmore Primary School for their commitment to helping children like our child thrive. Again, thank you so much for all the hard work and we're so pleased you have all been recognised with this new award."

Strathmore PS Parent, June 2026

"Practice worth sharing more widely:
Staff use an emotional literacy programme very well to improve children's understanding of how to recognise and manage their emotions. This is having a positive impact on children's relationships and engagement with their learning. Children are developing a common language across the school to discuss their emotions confidently with staff. Teachers use the approach to support children's emotional wellbeing very effectively."

Education Scotland, Strathmore PS,
HIMe Report, November 2023

"I am absolutely thrilled to present Strathmore Primary School with our first-ever Platinum Primary School award. To see our programme implemented with such exemplary commitment is extremely rewarding.
We work with and support hundreds of Primary Schools to use the Emotion Works 'Cog Curriculum' framework but Strathmore has truly set a new national benchmark. Under the inspiring leadership of Principal Teacher Laura Marr, the entire school community has brought the programme to life in their own unique way which is really quite COGtacular!
By embedding Emotion Works language and understanding into so many aspects of their curriculum and school day, pupils are surrounded by opportunities for developing emotional literacy and the essential tools to navigate the emotional rollercoaster of life.
It has been a COGulous partnership from start to finish, and I offer my warmest COGratulations to all the staff and pupils on this historic, COGtastic achievement!"

Claire Murray, Founder and Creator of
Emotion Works, May 2026

Strathmore Primary School
Emotion Works Platinum Party

STRATHMORE PRIMARY SCHOOL

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