


**emotionworks RECOVERY PROGRAMME SCHEDULE**

WEEK BEGINNING	TRAINING & GUIDANCE PAGES	TEACHING PROGRAMME
10 <sup>th</sup> Aug	The relevant training page for this teaching block is <b>The Wider Framework / 3R's</b>	<b>Settling in Period</b> <ul style="list-style-type: none"> <li>• Getting to Know You</li> <li>• Lockdown Memories</li> <li>• Relationship Building</li> <li>• Information gathering for regulation and relevance</li> <li>• Baseline Assessment</li> </ul>
17 <sup>th</sup> Aug	In preparation for the coming weeks you may also wish to engage with	
24 <sup>th</sup> Aug	<b>The Component Model Curriculum</b>	
31 <sup>st</sup> Aug	And the <b>Orange / Green / Red / Yellow / Blue</b> Cog training pages	
7 <sup>th</sup> Sept	<b>Component Model Curriculum</b> <b>Orange / Green / Red / Yellow / Blue</b> Cog training pages	Week 1: <b>Introducing the 5 Cog Model</b>
14 <sup>th</sup> Sept	<b>The Orange Emotion Words Cog</b>	Week 2: <b>The Orange Emotion Words Cog</b>
21 <sup>st</sup> Sept	<b>The Green Behaviours Cog</b>	Week 3: <b>The Green Behaviours Cog</b>
28 <sup>th</sup> Sept	<b>The Red Body Sensations Cog</b>	Week 4: <b>The Red Body Sensations Cog</b>
5 <sup>th</sup> Oct	<b>The Yellow Triggers Cog</b>	Week 5: <b>The Yellow Triggers Cog</b>
12 <sup>th</sup> Oct	<b>The Blue Regulation Cog</b>	Week 6: <b>The Blue Regulation Cog</b>
19 <sup>th</sup> & 26 <sup>th</sup> Oct	2 week Holiday / Consolidation	
2 <sup>nd</sup> Nov	<b>Component Model Curriculum</b>	Week 7: <b>Revisiting the 5-Cog Model</b> (Early Level consolidate from now)
9 <sup>th</sup> Nov	Grey Intensity Cog / 6 Cog Model	Week 8: <b>Grey Cog / 6-Cog Model</b> (First & Second Level only)
16 <sup>th</sup> Nov	<b>Purple Intensity Cog / 7 Cog Model</b>	Week 9: <b>Purple Cog / 7-Cog Model</b> (Second Level only)
23 <sup>rd</sup> Nov	<b>The Wider Framework / 3R's</b>	Week 10: <b>Plenary / Assessment / Celebration</b>
30 <sup>th</sup> Nov	The Recovery Programme finishes	