

EMOTIONAL LUGGAGE

Let's go travelling...



HELLO

BUNA ZIUA

OLÁ

BONJOUR

HALLO



Let's start

1, 2, 3, 4, 5...



BEHIND THE MASK ...

Who are we?

WHO IS HE/SHE AT YOUR SIDE?

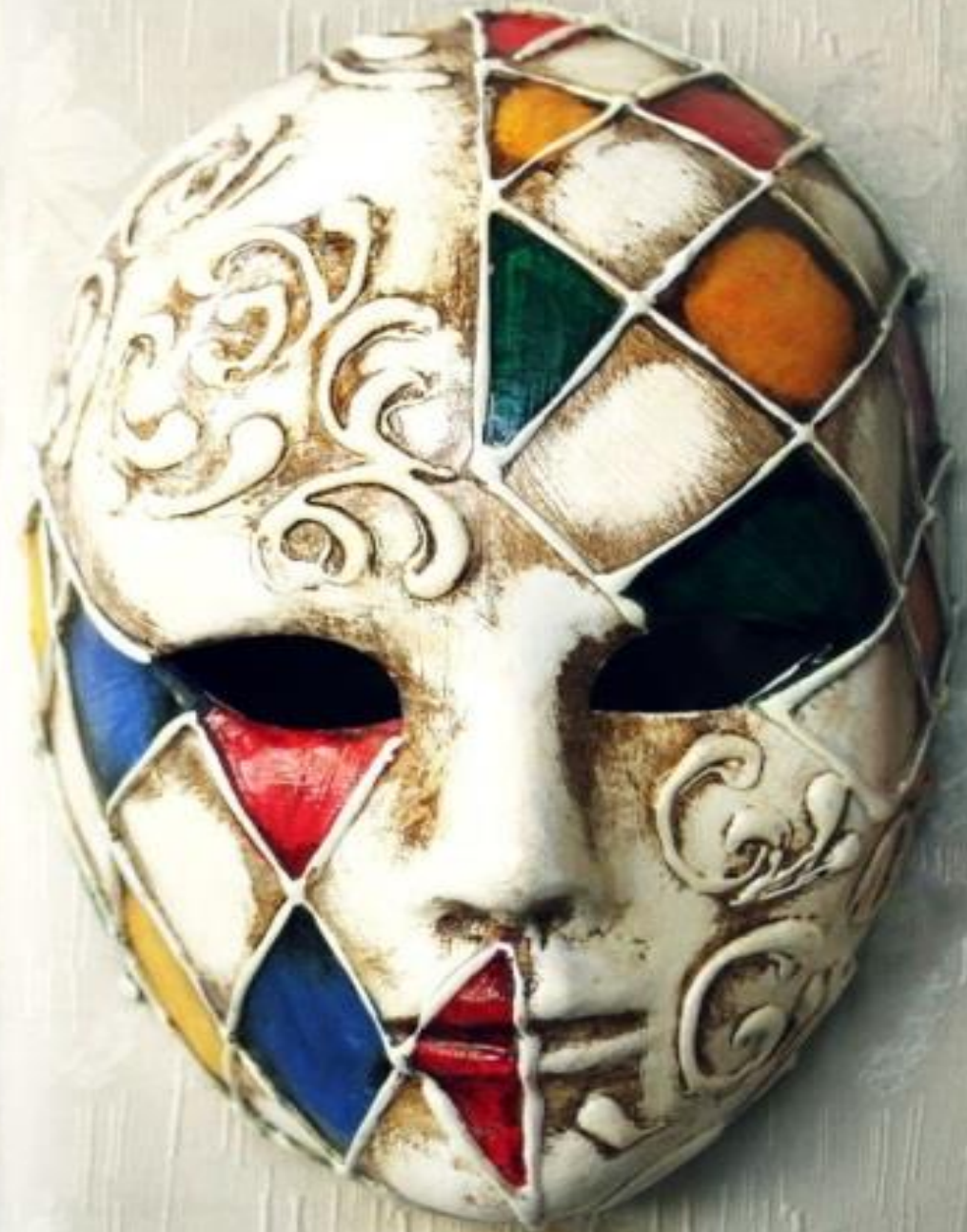
To Think

- How do I feel? (writing about your dominate emotion, Comfortable? Uncomfortable?...)

To Observe...

- knowing each other (Interview in pairs)

Presentation...



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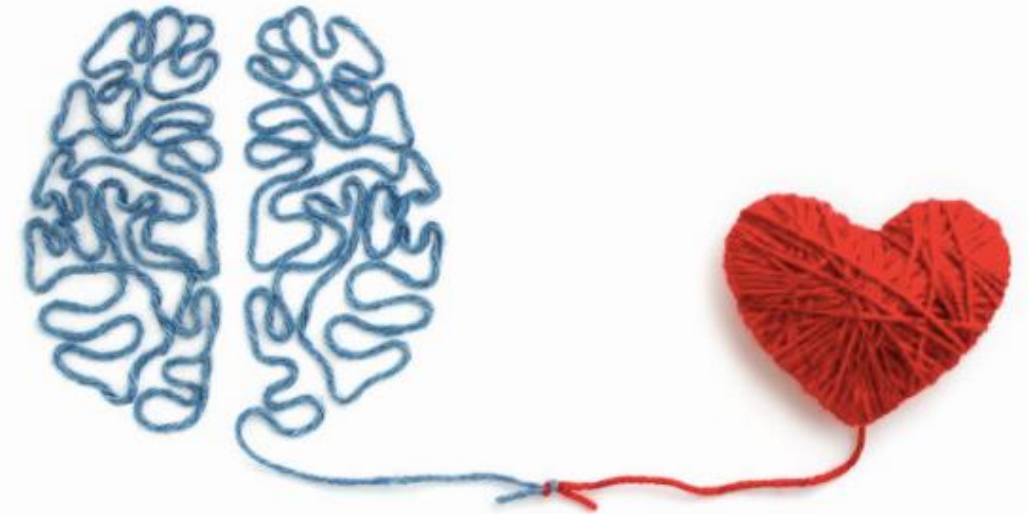
Emotions vs feelings



EMOTION IS A FEELING?

What are emotions?

What's a feeling?



What comes first
emotion or feeling?

Emotion

“a complex reaction pattern, involving experiential, behavioral and physiological elements.”



Feelings differ from emotions in being purely mental, whereas emotions are designed to engage with the world.

In Conclusion...They are two sides of the same coin.

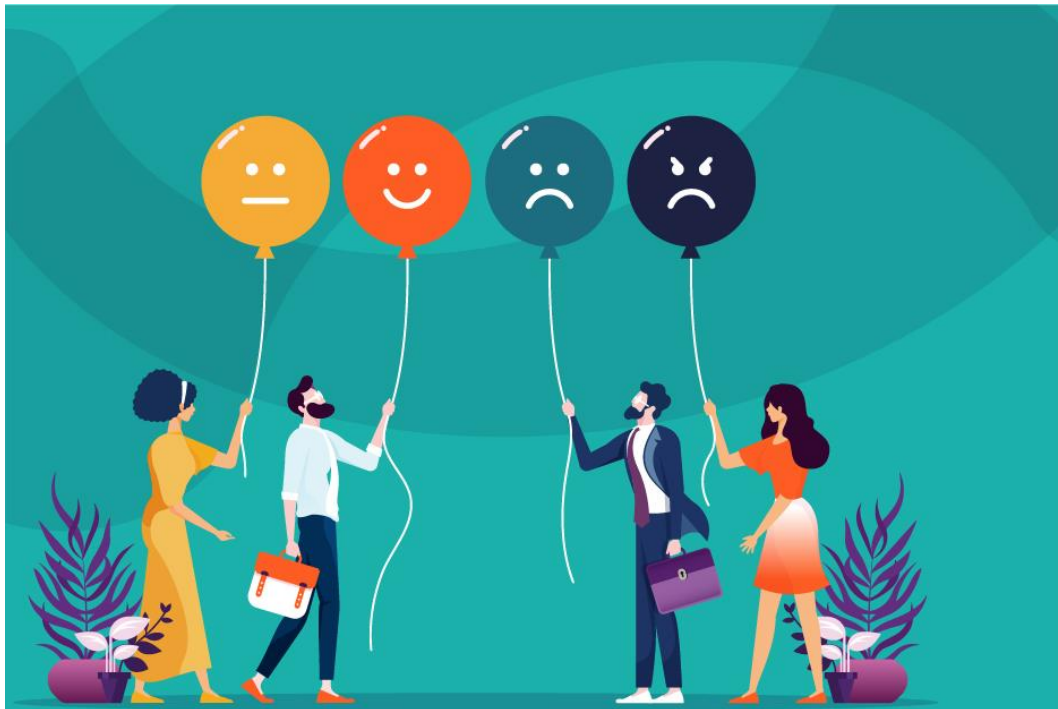
According to the American Psychological Association (APA).

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Feeling

Feelings are subjective, evaluative, and independent of the sensations, thoughts, or images evoking them.

We observe deficit in emotional communication (poor or underdeveloped) also in soft skills global, like we can read on several studies



DO YOU
OBSERVE THE
SAME?

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What can we do to promote emotional language in our schools?

What kind of intervention? (individual, groups...?)



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One Project... Multiple Approaches

EMOTIONARY

be *more!*

Primary School

YOU ARE
EMOTIONARY

Middle School



Middle school to Secondary

be**more!**

WHAT IS IT?

An universal prevention programme for school context.

WHEN DID IT BEGIN?

In 2018.

WHO ARE THE TARGET STUDENTS?

Primary school students from 6 to 10 years old.

WHAT ARE THE MAIN ASSUMPTIONS / GOALS?

To promote socioemotional and attention skills.



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- **Individual or small group approach**

Focus: development of study skills, vocational guidance, promoting psychological wellness in school context

1 to 5 sessions

Students choose when they go to the sessions and decide their own appointments .

"You are **EMOTIONARY**"



- Middle school students (11 to 14 years old)
- 5th and the 7th school years (2021/22)
- Focused on emotional communication and emotional regulation
- Group dynamics
- Same activities, but with specific intervention due to specific needs
- Emerging situations with some students

... and now, let's do it!



And now ...

Let's come with us

Let's go travelling ...