**Cross-curricular lesson about emotions**

**School:** Liceul Tehnologic Octavian Goga Jibou, Romania

**Teacher:** Nagy Melinda

**Class:** 5 C

**Title of the lesson:** Emotions in our Life

**Aims:**

-Recognizing a variety of emotions experienced in relation to oneself and others

-Giving positive feedback in relationships with others

**Description of the activities:**

**Activity 1:** Introduction

*Emotion is a person's experience of an event. All emotions are natural and necessary, even if some are lived or experienced as pleasant, and others as unpleasant! They help us to live a life full of special experiences, but also to defend ourselves, to make decisions or to set our limits. Emotions harmonize us with the environment and with ourselves.*

You're getting ready to go on a trip. Choose from the table all the emotions you will take with you in your backpack.

|  |  |  |
| --- | --- | --- |
| happiness | empathy | joy |
| fear | love | discouragement |
| enthusiasm | guilt | panic |
| anger | appreciation | gratefulness |
| disgust | shame | sadness |
| surprise | pride | hope |

**Activity 2:** Reflection

Do you think that the emotions you have prepared in your backpack will be enough?

How did you decide what emotions you take with you?

Which of the emotions do you find most pleasant? But more unpleasant?

What do you think is the role of these emotions in your life? What about your colleagues' lives?

**Activity 3:** Practice

The journey has begun! For each of the following situations, choose the right one from your emotional backpack! Write down your choices in your notebook, then compare your answers with those of your colleagues! What do you notice?

|  |  |
| --- | --- |
| Situation | Emotions from your backpack |
| You're in the woods and you hear a growl |  |
| You won the running competition |  |
| You tasted food that looked strange |  |
| Tomorrow you will take a math test |  |
| Your friend helped you do the geography project |  |
| You received an unexpected gift from your mother |  |
| You want to climb the climbing board, but you don't dare |  |
| You had an argument with your best friend |  |
| Your classmate gave you a nickname |  |
| The bus broke down. The trip is cancelled |  |

**Activity 4:** Evaluation

1. What did you learn about the world of emotions?

2. What did you learn about yourself and your emotions?

3. What did you learn about your colleagues?