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OF WESTERN MACEDONIA



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# Create an emotional map



HEALTH, OPENNESS,  
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## School Practices: Self-esteem, self-awareness and reflection: Create an emotional map

**Class size:** 20-25

**Age:** 10 -14

**Activity duration:** ~20 minutes

### Overview and objectives:

This activity develops self-awareness and awareness to the emotions and reactions of other people. The activity consists of a set of quiz questions that would allow the students to correctly define their negative emotions and explain what kind of reaction they provoke in them. For a person to be able to successfully deal with his/her emotions, it is essential that these emotions are recognized

At the conclusion of this activity, participants will be able:

- To state their negative emotions
- To explain why they have such emotions
- To manage their emotions

### Materials needed:

1. Paper sheets
2. Pens/pencils
3. Copies of the quiz questions for each student

### Preparation:

The teacher/facilitator prints the quiz questions and make some modifications, if necessary.



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### **Step by step instructions:**

The students have to pair up and make this quiz:

1. Which of these unpleasant/bad emotions do you usually feel?

Fear, sadness, anger...

2. In general, when is this emotion provoked (from external factors)?

When you SEE...

When you HEAR...

When you FEEL...

3. How do you deal with this emotion?

You IMAGINE that...

Physical sensations you have...

Words or phrases you say to other people or yourself...

4. How do you usually react to that emotion?

What you do....?

What you don't do ...?

What do you say ...?

What you do not say ...?

### **Evaluation and reflection:**

The teacher can compare the students' responses and help them draw some conclusions from the results. They could discuss which the best ways to react to negative emotions are and also how to help another person dealing with them.



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