



GREEK MINISTRY OF EDUCATION  
AND RELIGIOUS AFFAIRS  
REGIONAL DIRECTORATE OF PRIMARY  
AND SECONDARY EDUCATION  
OF WESTERN MACEDONIA



[WWW.HOPE4SCHOOLS.EU](http://WWW.HOPE4SCHOOLS.EU)



# WORKSHOP 1



HEALTH, OPENNESS,  
AND PROSPERITY  
EDUCATION FOR SCHOOLS

HOPE4schools

Health, openness, and prosperity education for schools

2021-1-RO01-KA220-SCH-000024401



Co-funded by  
the European Union

*The European Union support for the production of this publication under the project HOPE4SCHOOLS 2021-1-RO01-KA220-SCH-000024401 does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.*



---

[WWW.HOPE4SCHOOLS.EU](http://WWW.HOPE4SCHOOLS.EU)



**Co-funded by  
the European Union**

*The European Union support for the production of this publication under the project HOPE4SCHOOLS 2021-1-RO01-KA220-SCH-000024401 does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.*



WWW.HOPE4SCHOOLS.EU

## OBJETIVOS:

**Reconhecer emoções básicas, praticar e reconhecer emoções no outro; diferentes pontos de observação da situação.**

PASSO 1: Todos os alunos recebem cartões com emoções (felicidade, tristeza, surpresa, raiva e medo).

PASSO 2: O professor projeta as fotos/ imagens. Os alunos escolhem um cartão que descreva o que sentiram quando viram a foto/ imagem.

PASSO 3: Os alunos são agrupados de acordo com a sua escolha de emoções: positivas ou negativas.

PASSO 4: Os alunos explicam porque é que sentiram emoções negativas.

PASSO 5: Os alunos que escolheram emoções positivas tentam mudar o ponto de vista dos outros, partilhando o porquê de associarem emoções positivas à foto/ imagem e dizerem porque é que a acham bela.



Exemplos de fotos/ imagens

Cartões com emoções



Co-funded by  
the European Union

*The European Union support for the production of this publication under the project HOPE4SCHOOLS 2021-1-RO01-KA220-SCH-000024401 does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.*