

“How I feel?”

Name:

Emotional education is part of children training. To know, understand and control emotions are essential requirements in order to manage properly in society. Knowing oneself develops in parallel with emotional expression and social interaction.

The main aim for children is to be able to adapt to the world around them, learning abilities which will be used to express and control their feelings on the most appropriate way. These abilities might be developed through learning and daily experience. What we aim with this mission is to provide enough resources for them to learn how to get to know themselves better, identifying emotions and trying to understand them, so they learn to control themselves and handle their emotions in a more adaptive way.

Sign:

★ THE LIST ★

- 1:
- 2:
- 3:
- 4:
- 5: