

“Discovering Emotions”

MISSION DESCRIPTION

The emotions are affective conditions we experience subjectively according to what's happening around us. Every emotion is useful and fulfil a particular duty; even the most unpleasant ones take up important duties in social adaptation and personal adjustment.

To understand ourselves and others better, it's important to know the different emotions we can experience and learn how to identify them.

The development of the following mission might help specially those children whose emotional vocabulary is poor, they are unwilling to express their emotions and have problems mixing with others. Its difficulty level is low and the total estimated time to complete it is approximately 21 days.

HOW TO USE THE MAP

When you are about to finish every Tip, you should award them with a particular amount of points. You will see how in every Tip it will be pointed out exactly how many.

Then you should go to the corresponding mission map and write down the points (or colour the star, as you prefer) in the Tip number you have already completed.



AREAS



Emotion
Recognition



Frustration
Tolerance

LEVEL OF DIFFICULTY



AGE : 4 to 8 years old

DURATION : 21 days

TIPS AMOUNT: 15

CRYSTALS: 10



REMEMBER...

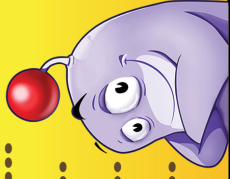
The more immediate you do it, more chances there will be they repeat the right behaviour. You shall only award them with points when the mission goal you agreed in advanced is been achieved, not otherwise.

Let them write down the points or colour the star, so they'll be aware of their improvements and will be more motivated to go on until the end.

"Discovering Emotions"

Name:

A motto:



Prize:



END OF
THE MISSION

Sign:

