"How I feel"

MISSION DESCRIPTION

Emotional education is part of children training. To know, understand and control emotions are essential requirements in order to manage properly in society. As parents, you have the power of teaching your children to channel their emotions and identify them. Knowing oneself develops in parallel with emotional expression and social interaction. The main aim for them 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.

AREAS



LEVEL OF DIFICULTY



AGE : 4 to 12 years old

DURATION : 21 days

TIPS AMOUNT: 12

CRYSTALS : 12

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.



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.

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"How I feel?"

Name: .....

A motto: .....

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END OF THE MISSION

Sign: .....

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