

Emotions are a key element in the learning process. These worksheets are designed to explore the emotions that are most relevant to students during the Secondary stage, adapting the level of language use that students have in this cycle.

The teacher can successfully work the associated emotional competences in the classroom so that students understand and internalise an emotion, seeing themselves capable of analysing their own emotional behaviour and discussing it with the help of the teacher. Particularly those emotions and behaviours that influence the dynamic of the classroom.

The contents of each of the eight worksheets are summarised below, as well as details of how they work and the necessary requirements when it comes to working on them.

## TEACHING NOTES

### Tolerating **frustration**

The objective of these activities is to get students to accept or overcome the emotion of frustration in the best possible way. To do this the activities aim to redirect their thoughts and feelings towards a more positive vision. The students will individually complete a simple self-knowledge quiz, in addition to various exercises where they will analyse their behaviour when faced with frustrating situations. The aim is that students will be able to face possible difficulties that happen in life with a more positive attitude.

- Individual and pair work.

### Proud of myself

The objective of these activities is to make students aware about feeling proud of their virtues, achievements, intellectual or physical capabilities, but without being conceited. They will have to present in an original way what they are most proud of to their classmates. To do that they will make a three-dimensional collage with materials or photos that represent what they feel proud about. On a different topic, students will also read about and discuss the Gay Pride movement and its connection with feeling proud of who you are without feeling ashamed. Following the wake of this movement, students will design a new movement on a topic that they consider necessary to normalise or defend.

- Individual and group work.
- Materials: various objects, photographs and computer (virtual presentation and information search).

### Practising **gratitude**

The objective of these activities is to recognise the emotion of gratitude in everyday situations and to be able to understand the importance that the feeling of gratitude for the daily benefits that we receive provides. Students will discuss in class various texts by important people, they will analyse different ways of showing gratitude without the need to say 'thank you' and they will work on the emotion of gratitude individually using their personal experiences.

- Individual work and class discussion.

### A world with more **love**

The principal objective of these activities is to build a utopian state in which love and well-being rule. Students will work on the concepts of government, laws and national anthems, taking into account the values that they hope to instil. On a different topic, students will analyse the grammatical structures of a poem in English by E.E Cummings [*love is more thicker than forget*], in which comparisons are made between love and other emotions. The students will then have to write a poem following the same structure as set out by the American poet.

- Individual and group work.