

1. Activity title	Let's cultivate empathy! Emotional literacy Primary emotions: anger		
2. Target group	Students aged 13 – 14		
3. Duration	2 hours per lesson. The lesson series includes 6 hours of classroom engagement		
4. Learning Environment	Activities planned for classroom, at school		
5. Learning outcomes	The Learning Unit has as its objectives: <ul style="list-style-type: none"> - Recognize your emotions and know how to express them properly; - Express one's interiority in written form, possibly also in verse; - Consider what has been written as a gift to others; - Knowing how to identify with an empathic spirit with the characters and authors of literature; -Respect in a positive and constructive climate of dialogue and comparison the points of view different from ours. 		
6. Subjects and topics covered	In connection with authors of Italian literature, students are guided to discover the definition of anger.		
7. SEL competences	<table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top; width: 50%;"> <p><u>PERSONAL</u></p> <p>▲ Identifying and expressing emotions</p> <ul style="list-style-type: none"> <input type="checkbox"/> Self-regulation <input type="checkbox"/> Identifying strengths/self efficacy <p>▲ Growth mindset</p> <ul style="list-style-type: none"> <input type="checkbox"/> Wellbeing <p>▲ Dealing with negative emotions</p> <ul style="list-style-type: none"> <input type="checkbox"/> Flexibility/resilience/problem solving </td> <td style="vertical-align: top; width: 50%;"> <p><u>SOCIAL</u></p> <p>▲ Empathy</p> <ul style="list-style-type: none"> <input type="checkbox"/> Appreciating diversity <p>▲ Relationship building</p> <ul style="list-style-type: none"> <input type="checkbox"/> Collaboration <input type="checkbox"/> Conflict resolution <input type="checkbox"/> Ethical and responsible behavior and decisions <input type="checkbox"/> Dealing with negative relationship such as bullying </td> </tr> </table>	<p><u>PERSONAL</u></p> <p>▲ Identifying and expressing emotions</p> <ul style="list-style-type: none"> <input type="checkbox"/> Self-regulation <input type="checkbox"/> Identifying strengths/self efficacy <p>▲ Growth mindset</p> <ul style="list-style-type: none"> <input type="checkbox"/> Wellbeing <p>▲ Dealing with negative emotions</p> <ul style="list-style-type: none"> <input type="checkbox"/> Flexibility/resilience/problem solving 	<p><u>SOCIAL</u></p> <p>▲ Empathy</p> <ul style="list-style-type: none"> <input type="checkbox"/> Appreciating diversity <p>▲ Relationship building</p> <ul style="list-style-type: none"> <input type="checkbox"/> Collaboration <input type="checkbox"/> Conflict resolution <input type="checkbox"/> Ethical and responsible behavior and decisions <input type="checkbox"/> Dealing with negative relationship such as bullying
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8. Method / Didactic techniques	Storytelling, class discussion, writing poetry or personal reflections		
9. Tools / Materials / Resources	<i>Biographical passages of Foscolo's life</i> <i>Soneto "in the evening"</i>		



	<i>Sunset image</i>
10. Detailed description of the step-by-step description of the activity / sequences of the units	<ol style="list-style-type: none">1. Foscolo: discussion on his biography2. Discuss the concept of anger in the sonnet "In the evening," with particular reference to verse 14: "That warrior spirit that I roar."3. Subsequent reflection and comparison; Focus on the concept of "defusing anger" and "keeping the dragon at bay".4. The teacher presents the image of a sunset and wonders what sensations it gives us. <p>To stimulate reflection, the following questions are asked: What thoughts does the sunset arouse in you? To which images do you connect the moment of sunset? What part of life can you compare it to? Write words aroused by the image or compose a short reflection also in verse.</p>
11. Extension / Take home activity	<i>NO</i>
12. Feedback & assessment	The evaluation is carried out through observation grids regarding the process and through evaluation grids for written papers.
13. Intellectual property rights (IPR) / Origin of the activity	Shared by Federica Scamporrino, Istituto Comprensivo Caio Giulio Cesare, lower secondary school, Mestre, Italy