


<b>1. Activity title</b>	<b>Palette of emotions</b>		
<b>2. Target group</b>	10-15 years old		
<b>3. Duration</b>	35 minutes		
<b>4. Learning Environment</b>	Classroom Decorations in the front part, near the board. Recreating the setting of a performance in a puppet theater.		
<b>5. Learning outcomes</b>	<ul style="list-style-type: none"> <li>● Recognizing one's own emotions;</li> <li>● Acquiring skills to express their emotions;</li> <li>● Recognizing other people's emotions;</li> <li>● Show empathy.</li> </ul>		
<b>6. Subjects and topics covered</b>	Civil citizenship education		
<b>7. SEL competences</b>	<table border="0"> <tr> <td style="vertical-align: top;"> <p><b><u>PERSONAL</u></b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Identifying and expressing emotions</li> <li><input type="checkbox"/> Self-regulation</li> <li><input type="checkbox"/> Identifying strengths/self efficacy</li> <li><input checked="" type="checkbox"/> Growth mindset</li> <li><input type="checkbox"/> Wellbeing</li> <li><input checked="" type="checkbox"/> Dealing with negative emotions</li> <li><input type="checkbox"/> Flexibility/resilience/problem solving</li> </ul> </td> <td style="vertical-align: top; padding-left: 20px;"> <p><b><u>SOCIAL</u></b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Empathy</li> <li><input checked="" type="checkbox"/> Appreciating diversity</li> <li><input checked="" type="checkbox"/> Relationship building</li> <li><input checked="" type="checkbox"/> Collaboration</li> <li><input checked="" type="checkbox"/> Conflict resolution</li> <li><input type="checkbox"/> Ethical and responsible behavior and decisions</li> <li><input type="checkbox"/> Dealing with negative relationship such as bullying</li> </ul> </td> </tr> </table>	<p><b><u>PERSONAL</u></b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Identifying and expressing emotions</li> <li><input type="checkbox"/> Self-regulation</li> <li><input type="checkbox"/> Identifying strengths/self efficacy</li> <li><input checked="" type="checkbox"/> Growth mindset</li> <li><input type="checkbox"/> Wellbeing</li> <li><input checked="" type="checkbox"/> Dealing with negative emotions</li> <li><input type="checkbox"/> Flexibility/resilience/problem solving</li> </ul>	<p><b><u>SOCIAL</u></b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Empathy</li> <li><input checked="" type="checkbox"/> Appreciating diversity</li> <li><input checked="" type="checkbox"/> Relationship building</li> <li><input checked="" type="checkbox"/> Collaboration</li> <li><input checked="" type="checkbox"/> Conflict resolution</li> <li><input type="checkbox"/> Ethical and responsible behavior and decisions</li> <li><input type="checkbox"/> Dealing with negative relationship such as bullying</li> </ul>
<p><b><u>PERSONAL</u></b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Identifying and expressing emotions</li> <li><input type="checkbox"/> Self-regulation</li> <li><input type="checkbox"/> Identifying strengths/self efficacy</li> <li><input checked="" type="checkbox"/> Growth mindset</li> <li><input type="checkbox"/> Wellbeing</li> <li><input checked="" type="checkbox"/> Dealing with negative emotions</li> <li><input type="checkbox"/> Flexibility/resilience/problem solving</li> </ul>	<p><b><u>SOCIAL</u></b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Empathy</li> <li><input checked="" type="checkbox"/> Appreciating diversity</li> <li><input checked="" type="checkbox"/> Relationship building</li> <li><input checked="" type="checkbox"/> Collaboration</li> <li><input checked="" type="checkbox"/> Conflict resolution</li> <li><input type="checkbox"/> Ethical and responsible behavior and decisions</li> <li><input type="checkbox"/> Dealing with negative relationship such as bullying</li> </ul>		
<b>8. Method / Didactic techniques</b>	Theater (puppets)		
<b>9. Tools / Materials / Resources</b>	Curtains, parsley dolls, paper, laminated emotions, clips with the personal names of each student from the respective class, other supplies.		
<b>10. Detailed description of the step-by-step description of the</b>	<ol style="list-style-type: none"> <li>1. Preliminary preparation of the play/plot and materials/ by the students of the Children's Parliament;</li> <li>2. Use of "Peers teaching peers" method;</li> </ol>		

<p><b>activity / sequences of the units</b></p>	<p>3 The school psychologist is in the role of narrator, and the actors are the students in the roles of joy, sadness, shame, surprise, anger and disgust;</p> <p>4. Placing emociometers in classrooms to help children determine their emotional state.</p> 
<p><b>11. Extension / Take home activity</b></p>	<p>Recognition and self-determination of the emotional state by children; sharing with parents, class teachers and classmates. Commenting on the emotional state</p>
<p><b>12. Feedback &amp; assessment</b></p>	<ul style="list-style-type: none"> <li>- Correct recognition of emotions and their sharing in the family;</li> <li>- Daily self-assessment of emotions by students using the emociometers placed in the classrooms;</li> <li>- Sharing emotions with peers and class teacher.</li> </ul>
<p><b>13. Intellectual property rights (IPR) / Origin of the activity</b></p>	<p>SEEVAL project team and Children's Parliament at "Maxim Gorki" Secondary school, Stara Zagora</p>