

ACTIVITY SHEET

Emotions are like visitors. Some stay for a short time. Others stay longer. All of them come to teach us something. There are no bad emotions. But there are ways to speak about them that can be more or less healthy.

On your own:

Take a walk through the map of emotions we gave you. If you stop in each place, try to write or describe where, or in which situation or why you feel these emotions. Then share your ideas with your group.

As a group:

“Our real map of emotions”

On a big sheet of paper, draw a simple map together. It can look like a city seen from above, a path with roads connecting different places.

Talk together about the emotions you feel in each place.

Everyone can share their own experiences.

As a group, represent these emotions in a visual way, showing that different emotions can exist together. Try to explain each emotion.



Home



School



Street or neighbourhood



Group or activity

1

2

3

4

5

6

7

A

B

C

D

E

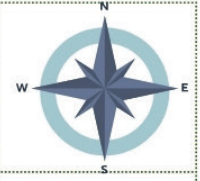
F

G

H

I

J



Square of Pride



Volcano of Anger



Forest of Fear



Garden of Calm



Mirror of Envy



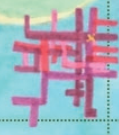
Lake of Sadness



Cloud of Shame



Station of Boredom



Maze of Frustration



Mountain of Joy