

WISDOM

The World of Emotions

Lesson 1 Introducing emotions



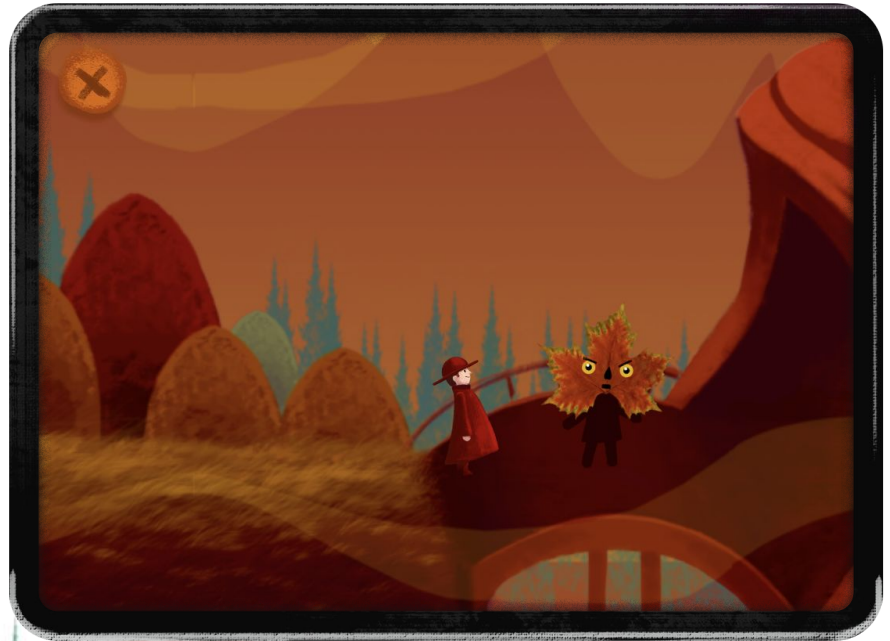
Can you tell me what this short video was about?

Answers:



What do you think Wisdom's **attitude** was?
(brave, courageous, shy, curious, etc.)
Do you think he can **help** the king?

Answers:



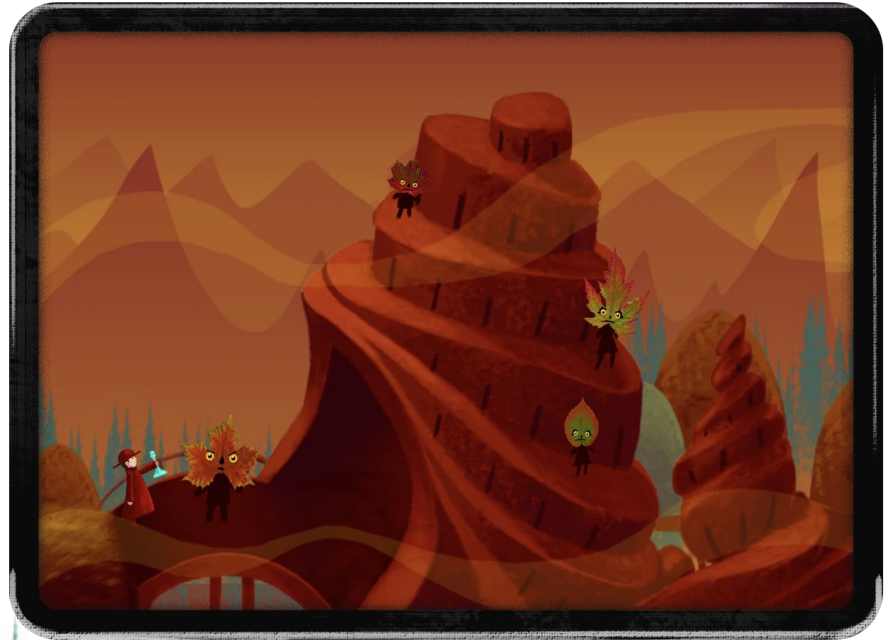
Why does the King say anger is good?

Answers:



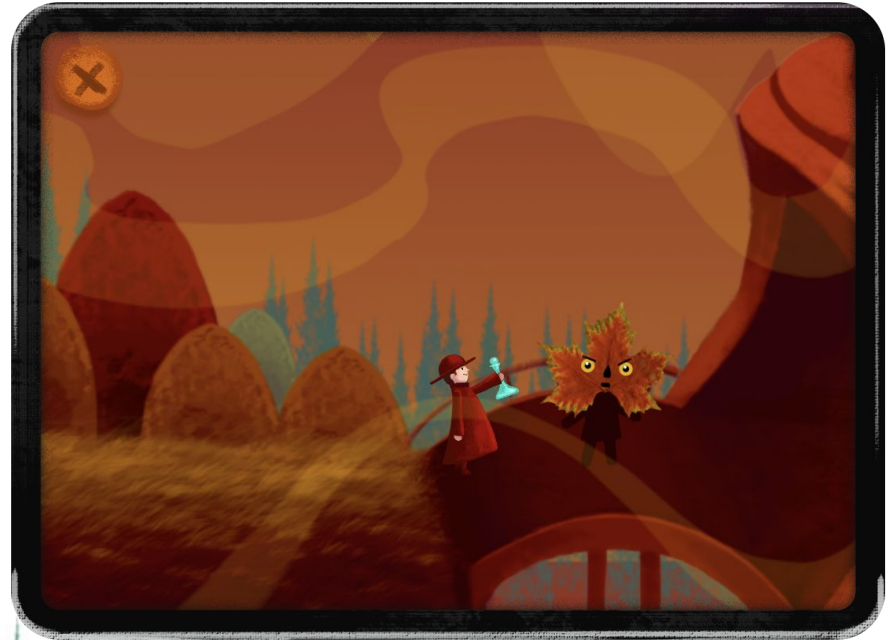
Why does the King ask Wisdom for help?
What problem is the King facing?

Answers:



What do you think is in Wisdom's blue flask?
Have you ever heard the word antidote?
Do you think such an antidote to get rid of anger
forever exists?

Answers:



Hands-on activity!



When you feel anger, do you feel like it's easy to learn something new?
Or is it easier when you feel calm?



Is it easier to make good decisions when we feel angry or calm?



How do we know when we are feeling an emotion?

Answers:

How do we know if it's anger?

Answers:



How do we know when someone feels angry at us?

Answers:

How does it make you feel?

Answers:



Mood VS Emotion

Moods are often less intense and tend to last longer, whereas emotions are reactions triggered by a stimulus.



Behavior VS Emotion

We can't control our emotions but we are responsible for our behavior, ensuring we don't harm ourselves or the people around us.



Conclusion

