

MY EMOTIONAL ALPHABET

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 **EMPOWERING
CHILDREN
FOUNDATION**

 **URZĄD DO SPRAW
CUDZOZIEMCÓW**

A JOURNEY TO MY WORLD OF EMOTIONS

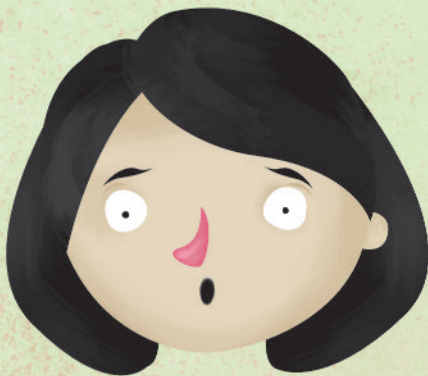
How do you know that you like or dislike something? How do you know your behaviour is safe when you are threatened by something? What makes you recognise that you have made someone pleased or annoyed?

You are able to answer these questions thanks to your **EMOTIONS**.

WHAT EMOTIONS AND FEELINGS DO YOU KNOW?



CAN YOU NAME THE EMOTIONS IN THE PICTURE?



These characters represent basic emotions, but there are many more feelings, e.g. pride, love, jealousy and many more.

WHY DO WE NEED EMOTIONS?

Emotions are like signposts
(thanks to them you know what is good for you and what is not)

Emotions give you energy to take action
(e.g. you feel joy when you train football so you do it persistently for hours)

Emotions take care of you and what you need
(e.g. fear warns you of riding a bike too fast without holding on)

Emotions make you understand other people better
(e.g. you can see that your friend got sad when you made fun of her so you won't do it again)

Emotions make the world interesting and colourful

DID YOU KNOW...?

Adults and children worldwide, regardless of the language they speak or place where they live, whether it's hot Spain or snowy Greenland, feel and can recognise the same universal emotions: fear, disgust, joy, sadness, anger?

We can express them in different ways e.g. when someone feels joy they may smile a little, while someone else will jump, shout for joy and dance in the street.

ALL EMOTIONS ARE NEEDED

What all people have in common is that we need all emotions. There are no bad and good emotions. Some can be pleasant to feel, such as joy, while others are less pleasant like e.g. sadness or anger.

However, we can't throw any of them away, just like we can't throw away the wheels, body or the steering wheel of a car because we will not be able to get where we want.

Emotions help us, but sometimes they can also get in the way, e.g. when they are too intense, they flood us and start to take control over us. Maybe you were once so angry that you could not hear what your friend was saying to you or you said something you didn't mean?

Emotions that are too strong are like too high temperature. When you have a fever, it's hard to think clearly or study.

WHAT CAN YOU DO TO MAKE YOUR EMOTIONS HELP YOU EVERY DAY?

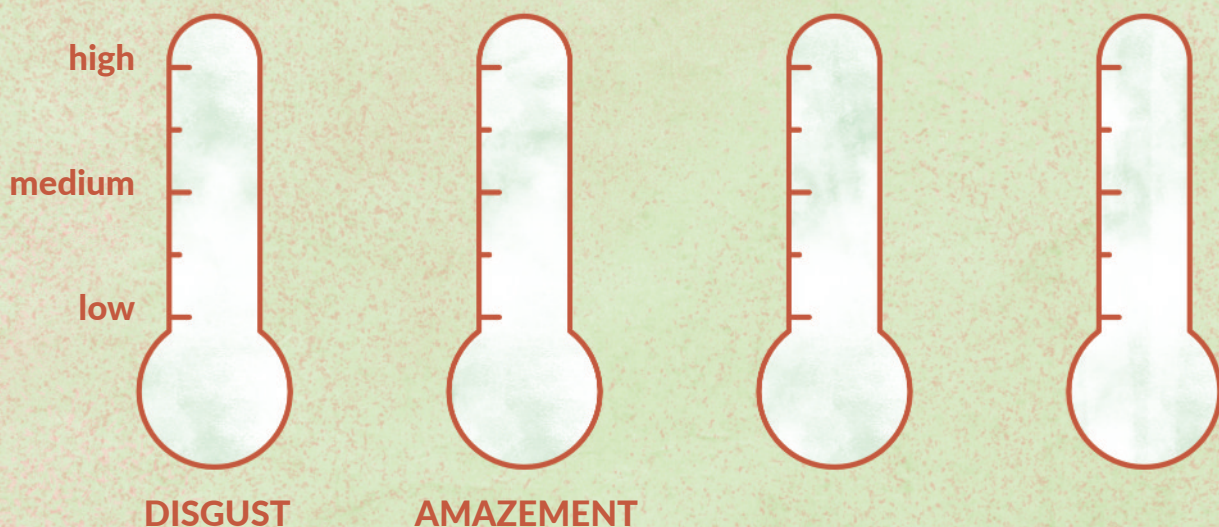
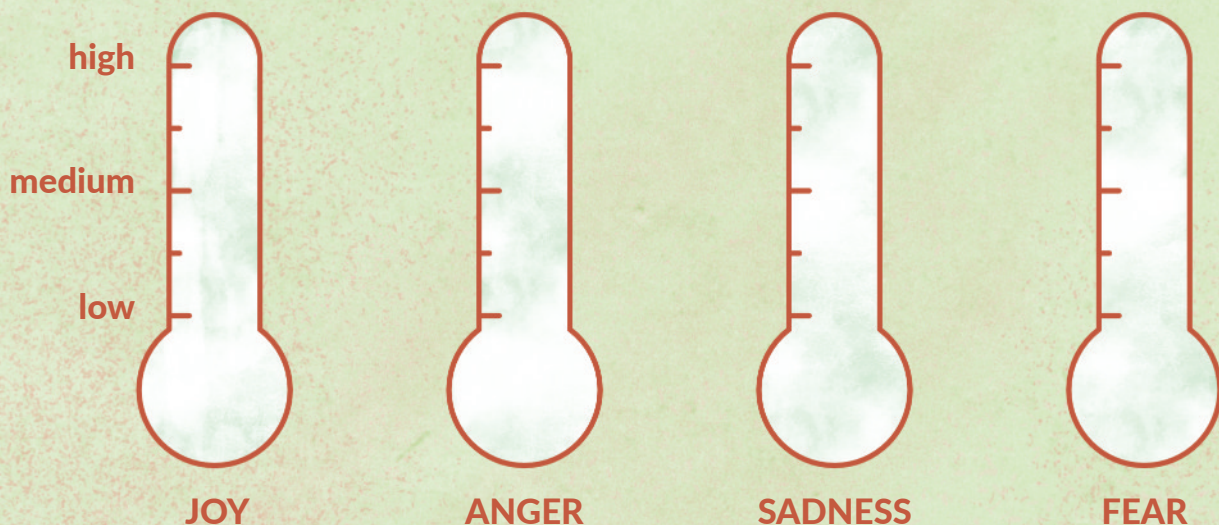
The same way you practise running, singing or riding a bicycle, you can also practise regulating your emotions so that they help you in life as much as possible.

You can get to know each emotion well and practise recognising and naming it. You can measure the strength of your emotions with an emotion thermometer and then practise making overly powerful emotions like anger or fear smaller, so that they can help you rather than hinder you.

I PRACTISE EMOTION REGULATION EVERY DAY:

1. I accept all my emotions, I have the right to feel them, I need all of them.
2. I can recognise and name my emotions and those of others.
3. I use emotion thermometer (I use it on daily basis, I find the emotion I am feeling in a given moment and I determine its strength).
4. I have ways of making an emotion less intense if it bothers me.

EMOTION THERMOMETER:



JOY



How do you recognise joy?

- the corners of our lips lift up, we smile;
- squinted eyes;
- cheeks lift up;
- the more joyful we are, the more energy we have, we laugh, we feel light, we want to jump and we feel that everything will work out for us.

**And what do you look like
when you feel joy?**

Draw a portrait of yourself:

A large, empty white rectangular box with rounded corners, intended for a child to draw a self-portrait of themselves when they are feeling joy.

When do you feel joy?

Write down:

A large, empty white rectangular box with rounded corners, intended for a child to write down when they feel joy.

What's the purpose of joy?

Joy is a pleasant emotion. It occurs when you have succeeded in doing something you wanted, when something good happens or when someone does something nice for you. When we react in joy or see joy in others it is an important clue for us: it's pleasant and nice, do more of it!

Ways to nurture joy:

- When you feel joy, show it: laugh, jump, dance (even when nobody's looking).
- Share your joy with others (find someone to tell about it).
- Seek out what makes you happy (enjoy eating your favourite dumplings or ice cream, enjoy a scooter ride etc.).
- Tell someone when they did something for you that makes you happy (e.g. I feel happy that you gave me sweets).
- Recall in the evening before you go to sleep 1–3 moments during the day when you felt joy and what caused it.

Tick the ways that help you?

What other ways do you have for nurturing joy?

A large, empty, rounded rectangular box with a light beige background and a subtle, mottled texture. It is positioned in the lower half of the page, below the question 'What other ways do you have for nurturing joy?'. The box is intended for the user to write their own ways of nurturing joy.

SADNESS



How do you recognise sadness?

- droopy eyelids;
- sad eyes, sometimes looking down;
- sometimes tears may appear;
- lips like an upturned horseshoe, corners of the mouth facing downwards.

**What do you look like
when you feel sad?**

Draw a portrait of yourself:

A large, empty rectangular box with rounded corners, intended for drawing a self-portrait.

When do you feel sad?

A large, empty rectangular box with rounded corners, intended for drawing or writing about when you feel sad.

What's the purpose of sadness?

Although we don't always like feeling sad, it is necessary and we all feel it sometimes. It can occur when something we cared about doesn't go our way or when we lose something e.g. when our friend leaves or when someone says or does something we don't like. When we feel sad we have little energy, it is time to think something through. Sadness can be an impulse to change, it is also a message for others that we need help. You too, when you see someone sad, you can offer your help. It's good to have ways to spend some time with your sadness, listen to what it wants to say to us and to know what to do when we want to change our mood.

Ways to deal with sadness:

- Don't run away from sadness, name what you feel, 'I'm feeling sad'.
- You have the right to cry, it often helps.
- Breathe deeply.
- Tell a loved one how you feel.
- Think about what makes you sad, is there anything you can do to change the situation?
- Think about something pleasant.
- Do something you like: e.g. listen to upbeat music, watch a funny video, go for a walk, dance.
- Call, meet up with someone you like.
- When you see your friend is sad, ask 'I can see you are sad, can I help you somehow?' and if your friend says no, say 'okay, if you need me, I'm here and I am happy to listen to you'.

Tick methods that help you?

What other ways of dealing with sadness do you have?



ANGER



How do you recognise anger?

- frowned eyebrows;
- squinted eyes;
- clenched lips and teeth;
- a lot of energy – face might get red, you might clench your fists.

**What do you look like
when you feel anger?**

Draw your anger:

A large, empty rectangular box with rounded corners, intended for a child to draw their own expression of anger.

When do you feel anger?

A large, empty rectangular box with rounded corners, intended for a child to draw or write about when they feel anger.

What is the purpose of anger?

Anger is a very important emotion. It occurs when you feel attacked, when someone crosses the line of your comfort zone, safety boundaries, when you feel like you or others have been treated unfairly. Anger protects you and gives you energy to change the uncomfortable situation.

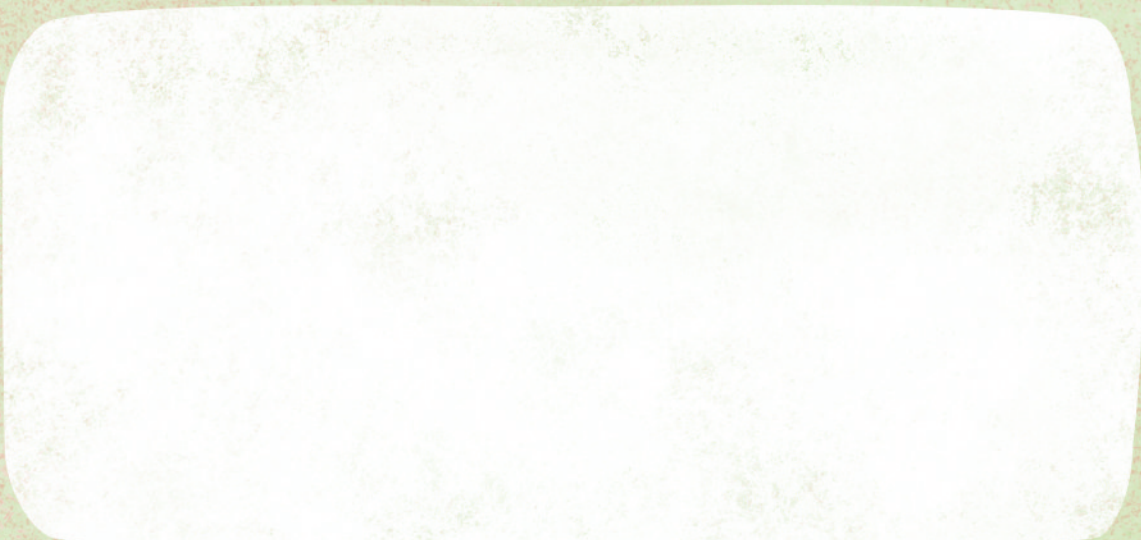
Sometimes it happens that when you feel strong anger you may explode or do something (shout, hit) or say something unpleasant that you will later regret. That is why it is important that you can recognise anger in yourself when it's not that strong yet and tell someone what behaviour you don't want, e.g. 'You call me 'little one', I don't like it'.

Ways to deal with anger:

- Take a few deeper breaths.
- Give yourself time, e.g. count to ten before you do something.
- Tell yourself in your mind what you feel 'I feel angry, annoyed, furious'.
- If you feel you are going to explode, say: 'I need to leave, I will come back to you, when I have calmed down a bit'.
- If you feel you are bursting with energy, go for a run, jump or shout (in private, not at the other person).
- Once you have calmed down a bit, tell someone what made you angry.
- If you have done or said something in anger that you now regret, just apologise.

Tick the ways that help you?

What other ways of dealing with anger do you have?



FEAR



How do you recognise it?

- eyes wide open and pupils dilated;
- raised eyebrows;
- mouth partially open;
- your heart might beat fast, your body might tremble;
- sweating, dry throat, unpleasant feeling in the stomach.

**And what do you look like
when you feel fear?
Draw your portrait:**

A large, empty rectangular area with rounded corners, intended for drawing a portrait of oneself when feeling fear.

**When do you feel fear?
I feel fear when...**

A large, empty rectangular area with rounded corners, intended for writing about when one feels fear.

What is the purpose of it?

How good is it to feel fear sometimes. Feeling it is not pleasant, but fear is very much needed. Your fear protects you and keeps you safe, e.g. it helps you cross the road safely where cars are driving fast. Fear warns you of anything dangerous: e.g. fire, an aggressive dog, running on slippery ice etc.

Sometimes fear, when it is too great, can make you avoid doing something you want to do, what you feel like doing e.g. riding a bike, because you are afraid of falling over or swimming in a lake.

Ways to manage fear:

- Breathe deeply, slow down your breathing (e.g. count to 3 when inhaling and to 5 when exhaling).
- Straighten up, stand with your legs slightly apart.
- Let the air out as if you were going to blow out the candle on a cake.
- Say to yourself 'I feel fear, not for the first time and not for the last. This feeling will pass.'
- Thank your fear that it is there and it cares about you.
- Take small steps to overcome what you are scared of (e.g. if you are afraid of riding a bike, walk with the bike next to you, ask for a bike with three wheels, ask your mum or brother to hold you when you are on the bike).
- Practise every day and tell yourself 'I can do it', 'I am brave because...', list a few things you are not afraid of and things you used to be afraid of but you are not anymore.

Tick ways that help you?

What other ways of dealing with fear do you have?



DISGUST



How do you recognise disgust?

- frowned nose;
- upper lip lifted;
- stronger disgust can cause a vomiting reflex, we open our mouth.

What do you look like when you feel disgusted? Draw a portrait of yourself, showing where and how you feel this emotion?

A large, empty rectangular box with rounded corners, intended for a child to draw a self-portrait showing their expression of disgust.

**When do you feel disgusted?
I feel disgusted when...**

A large, empty rectangular box with rounded corners, intended for a child to write about when they feel disgusted.

What is the purpose of disgust?

Disgust is an emotion that occurs when something is unpleasant for us. Disgust protects us from substances, things or situations that are harmful to us. Thanks to disgust you can recognise e.g. spoiled food you might otherwise have poisoned yourself with.

Disgust makes you want to run away, avoid what is causing it. If it is possible and reasonable, it is worth doing so, e.g. to throw away bad-smelling rubbish. Sometimes, however, disgust can prevent you from doing what you like, e.g. when you feel disgust towards a medicine that will help you recover faster.

Ways to reduce the disgust that bothers you:

- Distract yourself and concentrate on something that is pleasant to you.
- Use your imagination, picture yourself smelling beautiful flowers or your favourite fruit.
- Say to yourself 'I can bear it', 'the sensation will pass'.

Tick the ways that help you?

What other ways do you have of reducing the emotion of disgust?



Material prepared as part of the project 'We protect children, including unaccompanied asylum-seeking children, from violence'.

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