

Teaching Values of Being Human

Nurturing emotional intelligence and resilience

ACTIVITY; 'Warning signs' match up challenge



UPSET



ANGRY



PROUD



DEPRESSED



STRESSED



BORED

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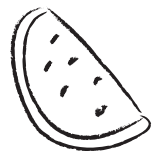
NERVOUS



**VERY
SCARED**



AFRAID



EMBARRASSED



ANXIOUS



HAPPY

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teary



*feel hot
and tight*



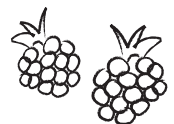
standing taller



slow and heavy



*headache
and tight*



sleepy

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sweaty hands
shallow breathing



racing heart and
breathing fast



breathing fast and
runaway legs



blush and
look away



lump in throat
funny tummy
butterflies
tummy ache



smile