

# Teaching Values of Being Human

Nurturing emotional intelligence and resilience

*Build a feelings intensity ladder – for older students*

*A bit nervy*

*Amazed*

*Angry*

*Anxious*

*Ashamed*

*Bored*

*Calm*

*Confused*

*Disgusted*

*Eager*

*Embarrassed*

*Fearful*

*Frustrated*

*Grateful*

*Grief*

*Guilt*

*Happy*

*Horrificed*

*Humble*

*Humiliated*

*Inspired*

*Irritated*

*Jealous*

*Pleased*

*Proud*

*Sad*

*Satisfied*

*Victorious*