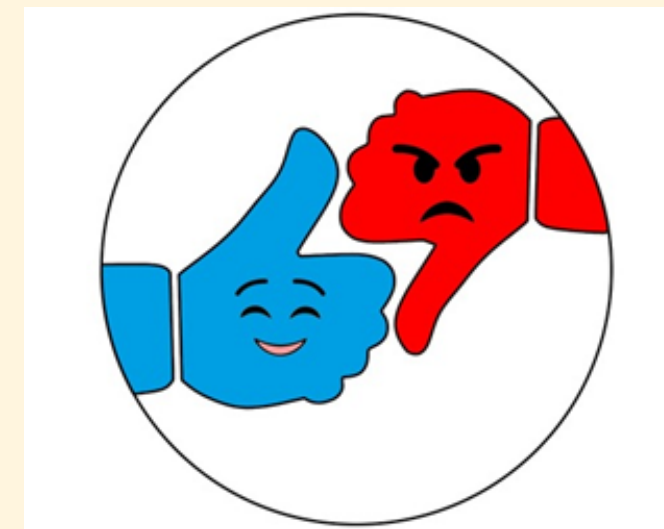


Peaceful Schools with  
Anger-free classes



Erasmus+

# Teachers' Guide



Agreement number: 2020-I-PL01-KA229-081470\_1



# Agenda

**Introduction**

**Emotions and their importance**

**Recognition of emotions**

**Connection of bodily sensations with emotions**

**Importance of empathy.**

**Relaxation and rest**

**Ability to regulate emotions**

**You are special**

# Introduction

We all need good mental health in order to feel good and develop resistance to overcome life's difficulties. This is why our emotional health is as important as physical. It is important to speak about emotional intelligence with pupils and recognition of emotions already from early age.

This presentation was made as a product of the Erasmus+ project "Peaceful Schools with Anfer-Free Classes" to help teachers in their daily work, to talk with students about their emotions, helping to recognize those and give solutions.



# Emotions

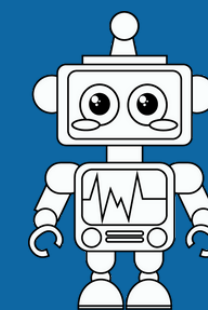
**Emotions** are different psychological and physiological states that arise as response to diverse stimuli or events.

Emotions affect peoples' life every day. They **influence** our thoughts, behaviour and relationship. This is why it is so important to get to know them.

Feelings and emotions originate in the **brain**. They can **affect** every part of the body - from head to toes.

Our emotions let other people understand us and also they help us to **understand** ourselves better, be true and make relations with other people.

Without emotions people would be like robots.



# Importance of Emotions

We can discriminate conditionally between **good and bad emotions**. Like, *joy, love, surprise* versus *sadness, disgust, anger, jealousy*. Each of emotions can vary in its intensity.

All emotions are important, including anger, fear and sadness. Emotions are natural and help to make you who you are. They help us to survive.

Fear tells you that you must run away.

Anger helps to pull yourself together and defend yourself.

Sadness shows to other people that we need help.

Joy makes us more energetic and sociable.

Love helps us to form a close bond and relationship with one another.



# Expressions of Emotions

Emotions are complex phenomenon. They are accompanied by physiological responses in body, like:



changes in heart rate;



changes in blood pressure;



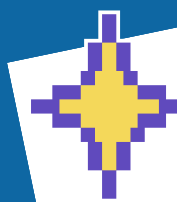
respiration;



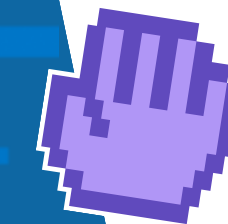
hormonal levels;



brain activity.



Learn to  
love  
yourself  
and your  
emotions



Emotions are influenced by our **cognitive processes, perceptions, thoughts and interpretations of events**. They can reveal in our **changes in facial expression, body language, vocal tone, et.al.**

# Recognition of emotions

Emotions play a decisive role in success or failure, good luck or unhappiness.

Emotions such as love, respect and tolerance affect one's relationships and behaviors with oneself and others. In other words, just as emotions determine thoughts, our thoughts determine our emotions and direct our behaviors.

There are 6 basic emotions common to all cultures and the world in general. These; anger, sadness, fear, happiness, joy, surprise.

# Recognition of emotions

Different emotions have reflections in different parts of our body. For example, having pain in the abdominal cavity when we get angry. Anger is felt in the upper body and can affect the heart. Anger causes a release of adrenaline.

As a result, our muscles tighten and our blood pressure rises.





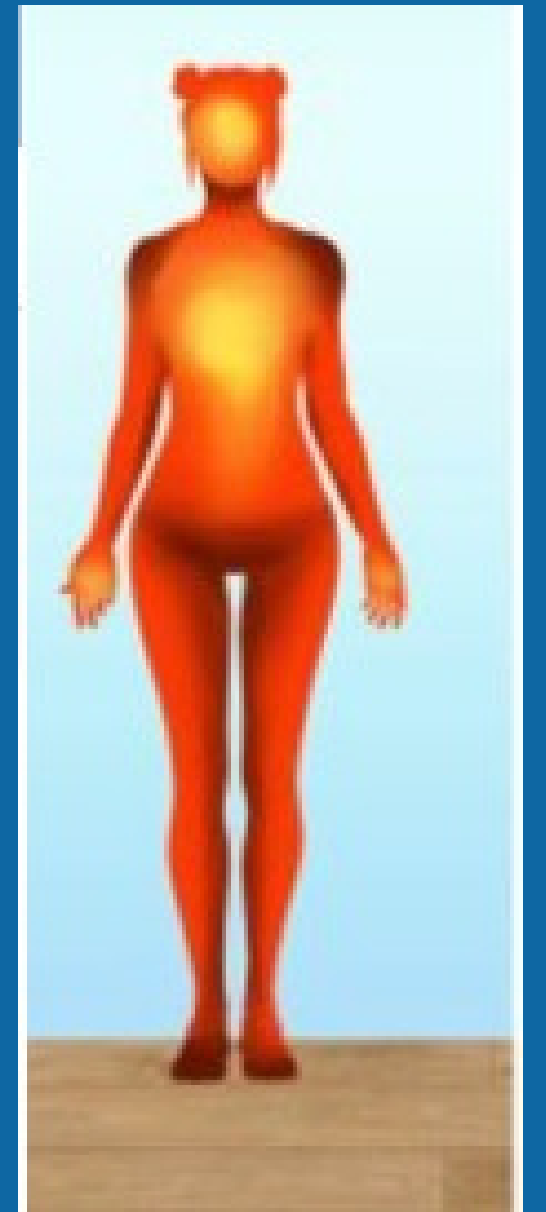
# Recognition of emotions

When we are sad, a weight falls on our chest. We are having trouble breathing. Sadness is felt in the head and chest area, while depression numbs the lower part of the body.



# Recognition of emotions

Happiness and love manifest themselves in the body. When we are happy, we feel light. Happiness mostly affects our stomach and intestines positively.



# Recognition of emotions

Controlling emotions or being conscious of our emotions instead of suppressing them allows us to act more accurately in the next stage.

In this context, we should care about pupil's feelings. We must guide them so that they can manage their emotions. For this, first of all, we must make the pupil's aware of his feelings. It will be easier for students to express themselves when they learn about their emotions and their effects on their bodies.

# Connection of bodily sensations with emotions

Emotions coordinate our behavior and physiological states during survival-salient events and pleasurable interactions. Even though we are often consciously aware of our current emotional state, such as anger or happiness, the mechanisms giving rise to these subjective sensations have remained unresolved.

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# Connection of bodily sensations with emotions

Emotions aren't only felt in the mind. Emotions are often felt in the body, and somatosensory feedback has been proposed to trigger conscious emotional experiences. Our bodies react to our environments just like our brains do, and it can be helpful to connect emotions with body sensations so we can better understand what's going on within us.

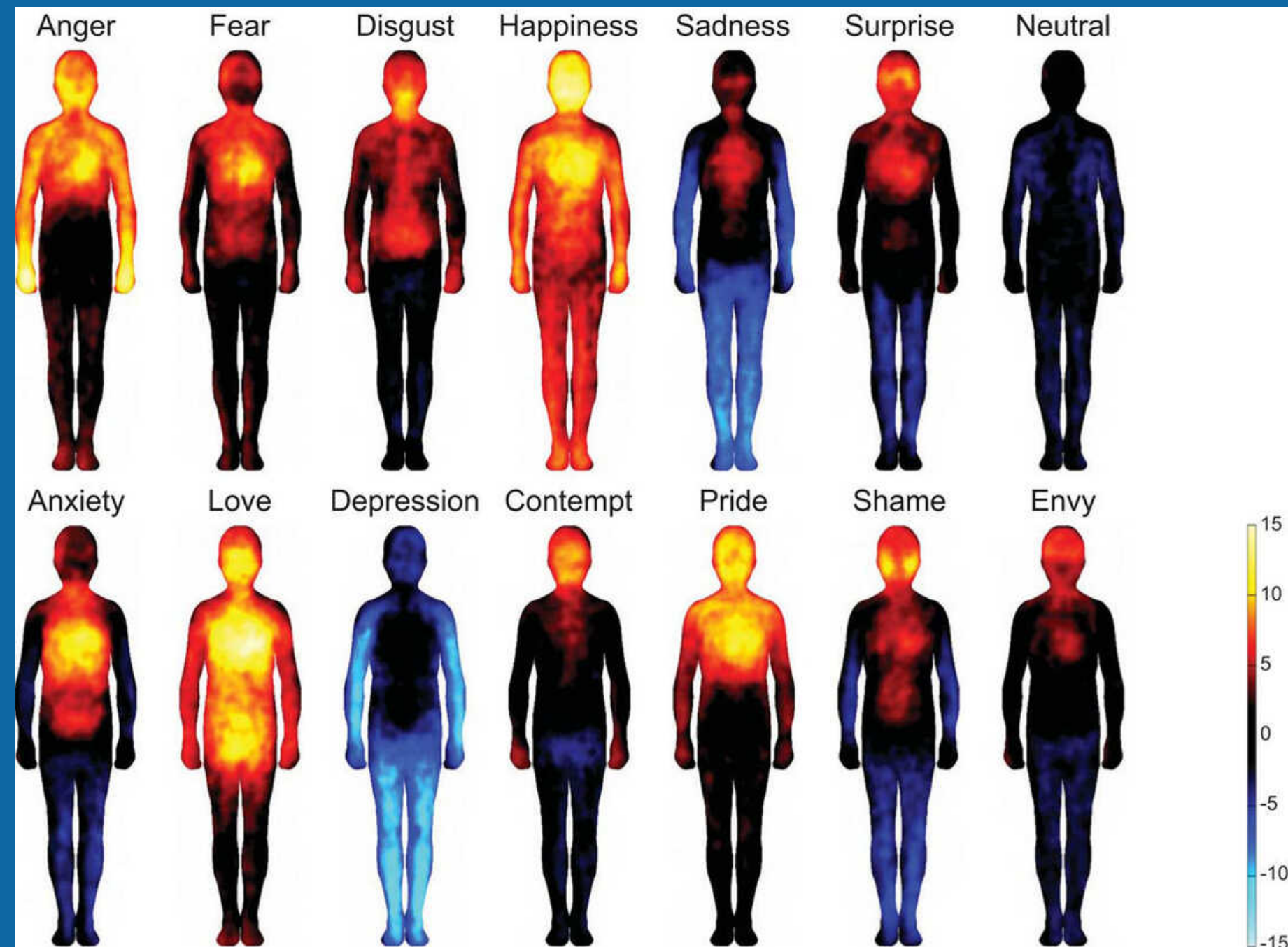


# Connection of bodily sensations with emotions

We often don't receive much education when we're young about emotional regulation and mental health, so lots of people don't learn how to tune into the connection between emotions and sensations until adulthood.

When you learn how to notice how your body reacts to certain emotions, you'll be better able to spot difficult emotions when they come up before they cause distress.

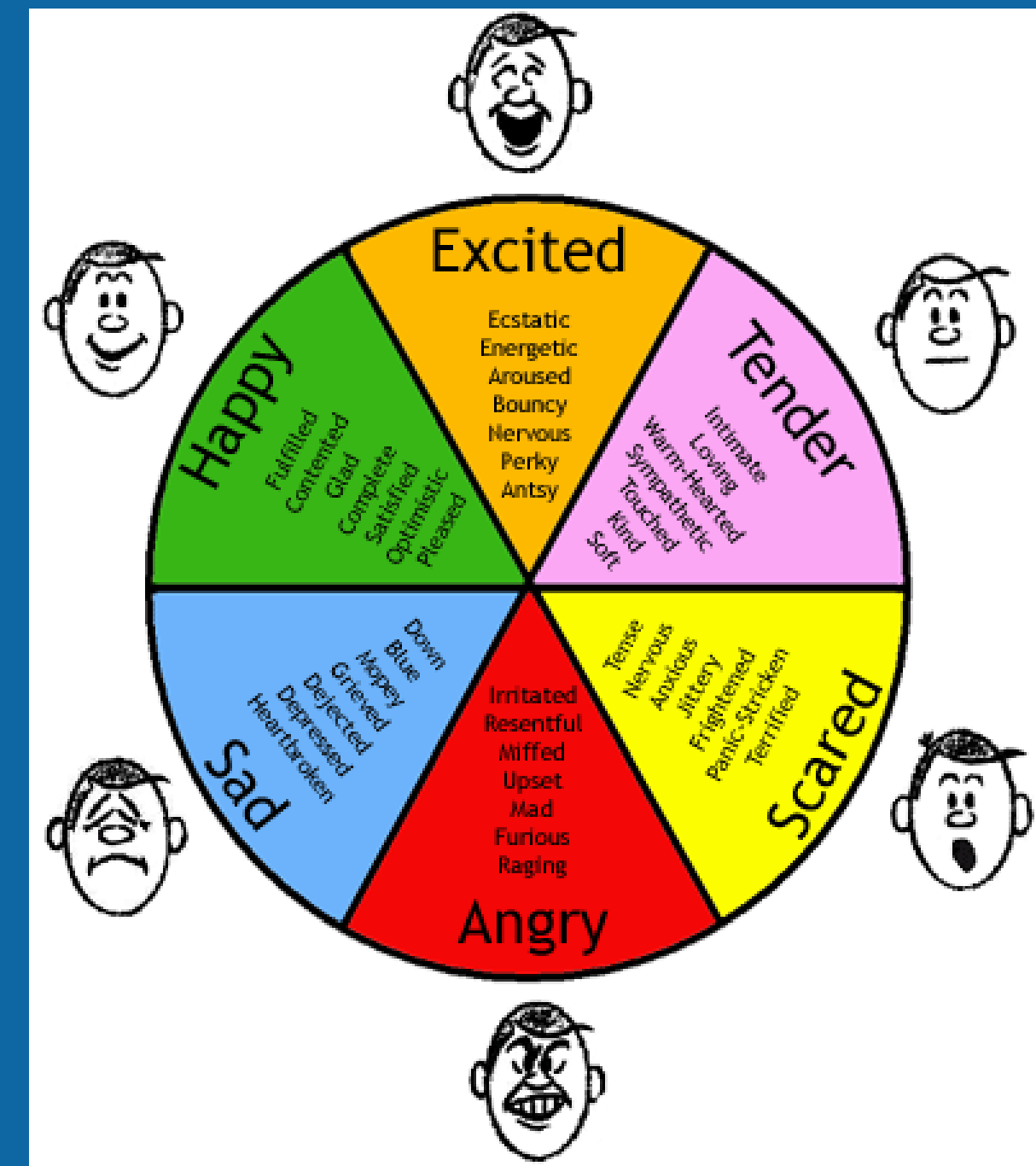
# Connection of bodily sensations with emotions



# Connection of bodily sensations with emotions

So, how can you learn how to connect emotions and body sensations for yourself?

Here's a guide on how to approach it!



# Connection of bodily sensations with emotions

## PAUSE

Our bodies use emotions as messengers. They give us information about what's going on in our environment, and it takes practice to tune into that communication. Give yourself permission to interrupt that communication so you can have more of a say in how you react. Taking a pause before you get carried away with an emotion gives you and your rational self a chance to intervene before things get worse.



# Connection of bodily sensations with emotions

## NOTICE AND EXPLORE

Once you've interrupted your emotional spiral with a pause, it's time to loop in what's going on in your body. Do a body scan and try to notice any tension or discomfort that comes up. Close your eyes and take a few deep breaths.

## NAME

Have you ever heard the phrase "Name it to tame it"? This means that it's easier to control how we react when we understand what it is that we're feeling. When naming your emotions, it might be helpful for you to reframe your thoughts from "I am" to "I feel".



# Connection of bodily sensations with emotions

## GIVE YOURSELF RESOURCES

Learning how to recognize and name your emotions and body sensations can help you get to the source of your feelings. Once you've uncovered that source, it can feel uncomfortable to sit in that emotion fully. How can you give yourself resources to help you cope in the moment?

- Grounding practice or meditation
- Mindfulness meditation
- Reminding yourself of where and when you are (you're safe, you're in the present moment, not in the past).

# Connection of bodily sensations with emotions

## EXPRESS

Now that you understand more about what you're feeling and where you're feeling it in your body, you can take action to express that emotion.



# Connection of bodily sensations with emotions

## EXPRESS

Now that you understand more about what you're feeling and where you're feeling it in your body, you can take action to express that emotion.

People like to express their emotions in all sorts of ways. Here are some ideas to try:

cry, scream, rapid movement like running or jumping jacks, dance, sleep, write it out in a journal, talk it over with a loved one, play a game, make a piece of art that shows your emotional experience...

# IMPORTANCE OF EMPATHY

Empathy is a commonly known word, but do we realise what it means to be an empathetic person? The Greek word "empátheia" means "suffering." In psychology, the term empathy refers to the ability to notice and empathise with the emotional states of other people. Empathy should not be confused with compassion. Sympathy puts us, in a way, above the person we sympathise with, while the ability to empathise is the ability to put ourselves in the other person's shoes.

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# IMPORTANCE OF EMPATHY

In practice, empathy is an extremely important social skill. A person with significant empathic abilities understands his own emotions and is able to accurately recognise emotional states in other people. This has a positive effect on the understanding of social dependencies and interpersonal relations.



# IMPORTANCE OF EMPATHY

An extremely important task in educational work is shaping empathy skills in children. The ability to emotionally empathise with other people's feelings is an important condition for a child's good relations with the environment. The ability to see other people's needs, the ability to take someone's perspective, someone else's point of view, way of thinking or feeling helps a child to better adapt to life in a peer group and to proper contacts with adults.

# IMPORTANCE OF EMPATHY

In order to teach a child to be socially sensitive, it is first necessary to create conditions for him to feel safe, accepted, appreciated and understood. A special role is played by the educator and his personality competences: they include empathic understanding of the pupil's feelings, unconditional acceptance of his person, authenticity, warmth and care.

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# Relaxation and rest

## **Relaxation**

Relaxation is defined as a conscious activity that calms both the mind and the body. Such activities help us to manage the effects of stress and anxiety. Meditation, gentle walks, sitting in the sunshine, and Reflexology are examples of this.

Relaxation stimulates the parasympathetic nervous system, which slows our heart rate, slows and deepens our breathing and improves our digestion.

# Relaxation and rest

## Relaxation

Relaxation techniques can reduce stress symptoms and can have many other benefits, such as:

- slowing heart rate
- lowering blood pressure
- improving digestion
- reducing muscle tension
- improving sleep quality
- reducing anger and frustration



# Relaxation and rest

## Relaxation

There are several relaxation techniques, such as:

1. Deep breathing
2. Massage
3. Meditation
4. Yoga
5. Music and art therapy
6. Aromatherapy
7. Hydrotherapy

# Relaxation and rest

## **Rest**

Rest encompasses much more than just our nightly sleep. It also includes naps, and quiet times: periods when we cease work and physical activity.

Rest is essential for regenerating our physical being; relaxation is about regenerating our mind and soul.

# Relaxation and rest

## Rest

Rest is good for mental health, it increases concentration and memory.

Rest reduces stress and it improves our mood.

Having a good rest can refer to having a good sleep.

Sleep helps us think more clearly, have quicker reflexes and focus better.

# Some Calming Techniques

It is important to explore what works best for you. Techniques that can help promote relaxation and reduce stress include:

- \*deep breathing (inhale deeply through nose, hold your breath for a few seconds, exhale slowly through mouth);

- \*muscle relaxation (tense and relax each muscle group starting from toes to the head);

- \*mindfulness meditation (sit comfortably in a quiet place and focus on the present moment);

- \*visualization (close your eyes and imagine yourself in a calming environment);

- \*physical activities (do exercises);

- \*listen to calming music (music you find relaxing);

- \*self-care activities (activities that bring you joy);

- \*journaling (write down your thoughts, feelings, etc.).

# Ability to regulate emotions

Ability to regulate emotions means the ability to effectively manage and modulate one's emotions in response to different situations and stimuli. It involves strategies and skills that allow a person to **recognize, understand** and **control** their emotional experience. The strategies and techniques in regulating emotions include:

- \*awareness and mindfulness (being self-aware of emotions and mindful of the present moment);
- \*restructuring (identifying negative thoughts and replacing them with more positive);
- \*relaxation techniques (relaxation exercises);
- \*problem-solving (seeking solutions and taking steps to resolve the issue);
- \*social support (seeking support from the persons you trust);
- \*self-care (engage in activities that promote well-being, like, hobbies, nature etc.).



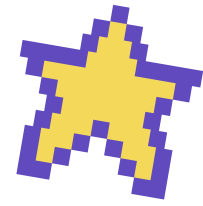
# You are special!

You are you! No matter what you do, think or feel - you are unique and wonderful, like a snowflake.

Our distinct qualities and differences contribute to the rich landscape of human diversity.

It is important to celebrate the uniqueness of every person. By acknowledging and appreciating the special qualities in ourselves and others, we can foster a more inclusive and compassionate society. Embracing the idea that everyone is special can promote understanding, empathy, and respect for one another.

# Thank you for collaboration!



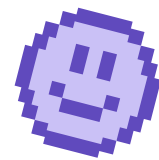
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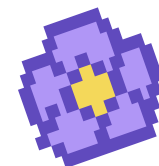
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**The end**