

1

Emotional education

Emotional conscience

**Elementary
vocabulary**



Editor: Balàgium Editors, SL
info@balagium.com
www.balagium.com

info@educachess.org
www.educachess.org



Edition: June 2013
Dipòsit legal: L - 1086 - 2015

Cover design
and layout: Jordi Prió Burgués
Illustrations: Ramon Mayals Marbà

© Eva Betbesé Mullet
Jordi Prió Burgués
Balàgium Editors, SL
Ramon Mayals Marbà
Alba Morera Vendrell

All rights reserved.

No part of this publication may be reproduced, stored, or transmitted in any form without permission from the publisher.



One day at school, the maths teacher gave the whole class some very good news.

- This year you can all take part in the town's chess tournament!



Montse, Carla and Pol are very excited.
They love playing chess and now they can
play in a real tournament!
This news was a great surprise for everybody
in the class!



Pol's eyes glistened as he imagined what the tournament would be like. He thought it would be really fun and he could make new friends.

A lot of his classmates also thought that they would sign up for the tournament.

- Wow, a lot of good players are going to be there!



Later in the day, they all go to the maths classroom. There, they find some old chess sets that they could use for practicing.

Pol opens one of the boxes with pieces inside and out comes a big flying beetle.

- It's disgusting!



The next day, Montse, Pol, Carla and other pupils in the class sign up for the tournament. Now, they have one week to train and practice their chess moves.



Today is the big day of the tournament.
They're so nervous!

Carla has gone pale, she says that she's
afraid of losing in the first round.

The teacher, who is going with them, calms
Carla down and tells her that the most
important thing is to take part.



They are all put into pairs at a table with a chess board and each player's pieces.

All the matches begin at the same time.

Carla moves her white pieces, she wants to win.

She's playing very well.



Montse is angry because she made a mistake in one of her moves; she left the king on its own.

She was put in checkmate and lost the match.

She didn't take it very well and now she's frowning.

She doesn't like to lose.



Pol made a little mistake, his opponent took advantage of it and beat him.

He's very sad because he didn't qualify to play the final match of the tournament.



Carla reaches the final. She uses a great combination of moves and wins the match. Carla won the tournament! She's so happy!

1

WORD SEARCH

Find the following words. They are all related with the topic of basic emotions.

HAPPY

SADNESS

SURPRISE

ANGER

FEAR

DISGUT

EMOTION

FEEL

S	U	R	P	R	I	S	E
U	A	N	F	R	A	S	M
H	F	D	A	E	O	E	O
A	E	A	N	G	E	R	T
P	A	N	P	E	O	L	I
P	R	E	O	L	S	A	O
Y	O	F	A	I	E	S	N
S	E	D	I	S	G	U	T

2

Match each expression (left) with its corresponding description (right).

Sadness

1

1

Emotion when we feel satisfaction and pleasure.

Surprise

2

2

Emotion that we feel if we lose something or someone important: a house, a member of the family or become sick.

Happiness

3

3

Emotion that we feel when we're in danger.

Disgust

4

4

Emotion that we feel when something happens that we didn't expect.

Anger

5

5

Emotion that we feel when we see or touch something ugly, bad or dirty.

Fear

6

6

Emotion when we feel rage or fury against something or someone.

3

Match each emotion with its corresponding icon.

Sadness

1

1



Surprise

2

2



Happiness

3

3



Disgust

4

4



Anger

5

5



Fear

6

6



4

Match each expression (left) with its opposite (right).

Being happy

1

1

Feeling disgust

Being scared

2

2

Being bored

Being furious

3

3

Feeling sad

Wanting or wishing
for something

4

4

Being brave

Having a surprise

5

5

Being calm

5

Under each photograph, write the number of its corresponding emotion.



1



3



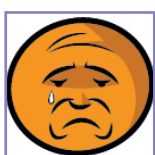
2



4



1



2



3



4



5



6

6

Order the following images:



7

Read the story again and match each type of emotion below with the story's corresponding page number.

Happiness

1

1

Sadness

2

2

3

Surprise

3

4

5

Fear

4

6

7

Anger

5

8

9

Disgust

6

10

8

Match each photograph according to the type of emotion it makes you feel. You have six to choose from.



1

1

Happiness

2

Surprise



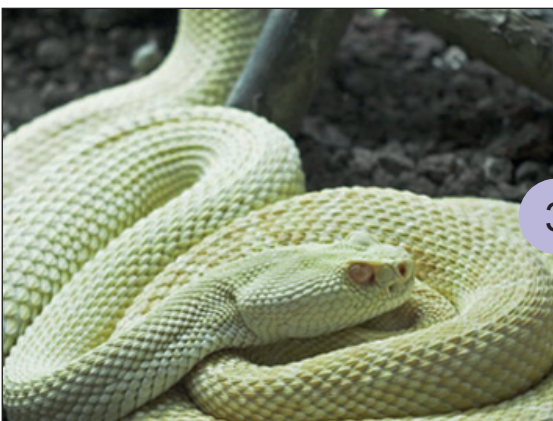
2

3

Fear

4

Disgust



3

5

Anger

6

Sadness

9

Next to each word, write the number of the emotion that it makes you feel.

film

rubbish

losing

school

party

illness

family

spider

present

travelling

failing

friends



1



2



3



4



5



6

10

Complete the sentence with the word that best describes the emotion in each photograph.



sad

furious

surprised

The manager is

in the meeting.



sad

happy

surprised

Paula is

on her birthday.



surprised

happy

sad

Joan is

at the hospital.

Collection

Emotional education

1st year

1. Elementary vocabulary
2. Relaxation
3. Self-concept
4. Recognizing your own qualities and limitations
5. Basic social skills
6. Emotional balance. Negotiation
7. Developing healthy habits
8. Rules

2nd year

1. Recognizing emotions
2. Behavioural distraction
3. Identifying other people's qualities
4. Positive assessment of diversity
5. Communication
6. Cooperation
7. Learning to enjoy taking part in activities
8. Sharing

3rd year

1. Verbal and non-verbal language of emotions
2. Control of aggressive behaviour
3. Self-acceptance
4. Valuing your own personal effort
5. Developing positive emotions
6. Dialogue
7. Knowing where to find help
8. Knowing how to wait

4th year

1. Broadening emotional vocabulary
2. Regulation of feelings and impulsiveness
3. Self-confidence
4. Overcoming failure
5. How to complain and apologize
6. Strategies to tackle group exclusion
7. Valuing family as a key element in difficult times
8. Knowing how to be a good winner and a good loser

5th year

1. Your own emotional state
2. Cognitive restructuring
3. Self-respect
4. Developing realistic expectations of yourself
5. Assertiveness
6. Role-playing
7. Decision making. Accepting and learning from your mistakes
8. Knowing how to enjoy yourself

6th year

1. Understanding the causes and consequences of emotions
2. Tolerance to frustration
3. Indicators of self-esteem
4. Giving yourself a treat to feel better
5. Knowing how to listen
6. Empathy
7. Developing critical thinking
8. Organization skills of leisure time

Classification

Emotional conscience (1)

Emotional regulation (2)

Emotional autonomy

Self-esteem (3)

Motivation (4)

Social competence

Socio-emotional skills (5)

Resolution of conflicts (6)

Competences for life and well-being

Skills for life (7)

Skills for playing (8)

Emotional education



Working towards understanding our emotions at school, allows students to gain the necessary abilities to know and recognize their own emotions, manage to control them and correct them.

Normally, people with well developed emotional abilities achieve a more motivated attitude, they feel more fulfilled and balanced, they are more sociable and more productive.

The methodology used works on the intrapersonal and interpersonal intelligences simultaneously, which helps to understand one's own feelings as well as other people's feelings.

Elementary vocabulary

Some of the basic emotions that we all experience each day in a more or less natural way and at diverse degrees of intensity, are the following six emotions: happiness, sadness, surprise, fear, anger and disgust.

All the other emotions are the result of a combination of the basic emotions. For example, jealousy can be a combination of anger, fear and sadness.

If we understand how these basic emotions work, we can identify them and live better, both in our personal as well as our social field.

