



UNIT 1

Self-Discovery And Personal Growth

In This Unit You Will:

Learn what are emotions, why it's important to understand them and how to express your emotions in the right way.

Learn vocabulary related to emotions.

Learn how to spell the words connected with emotions.

Learn about nouns, verbs, adjectives and adverbs.

Learn about the differences between adjectives and adverbs.

Learn how to work on your mistakes and bad behaviour.

Learn how to set the goals and why it's important.

Practise recognising and expressing emotions.

Practise how to set simple goals.



LESSON 1

Exploring Emotions

Vocabulary

Introduction:



Hey there, friends! My name's Benny, and I'm super excited to invite you on an awesome adventure! We're going to explore ourselves, play fun games, and discover all sorts of cool things together. Today we will talk about our emotions.

Emotions are like colourful balloons inside us. They can be happy, sad, or even a little bit scared. But why do we have emotions, you ask? Well, just like how our bodies tell us when we're hungry or tired, emotions tell us how we're feeling inside.

Imagine you're playing with your friends, and suddenly you win a game. How do you feel? Happy, right? And when you lose, you might feel sad. These feelings are our emotions, and they help us understand what's happening around us.

Understanding our emotions is super important. It's like having a map to guide us through a big adventure. When we know how we're feeling, we can make better choices. If we're feeling angry, we can take a deep breath and calm down. If we're feeling excited, we can share our joy with others.

So, let's take a journey together and explore our emotions. We'll learn to understand them, express them, and most importantly, enjoy the colourful world of feelings around us!



LESSON 1

Exploring Emotions

Vocabulary

Questions:

1. What are emotions, according to Benny?
2. Why does Benny think understanding our emotions is important?
3. How does Benny compare emotions to a map?
4. What are some of the feelings Benny mentions that we might experience when playing with friends?

Vocabulary Time:

Happy - Feeling joy, pleasure, or contentment.

Sad - Feeling sorrow, unhappiness, or grief.

Angry - Feeling strong displeasure or hostility.

Excited - Feeling eager or thrilled about something.

Scared - Feeling afraid, frightened, or anxious.

Nervous - Feeling uneasy or apprehensive about something.

Surprised - Feeling shock due to an unexpected event.

Proud - Feeling a sense of satisfaction or accomplishment.

Confused - Feeling uncertain or puzzled about something.

Calm - Feeling peaceful, relaxed, or undisturbed.

Curious - Feeling eager to learn or know about something.

Grateful - Feeling thankful or appreciative for something.

Embarrassed - Feeling uncomfortable.

Jealous - Feeling envious towards someone.

Relieved - Feeling a sense of comfort or ease after a stressful or difficult situation has passed.



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Exploring Emotions

Vocabulary

Play Time:

Imagine that you are an actor. Try to make one sentence with each of the words from the vocabulary above and express the emotions. Use your facial expression and body language. Have fun and be creative!

Questions Time:

1. What are emotions, and how do they make you feel?
2. Can you give examples of different emotions you've experienced?
3. Can you give an example of how understanding emotions can help us make better choices?
4. Why are our emotions important?
5. How do you think emotions can affect the way we behave or react to situations?

Let's Summarise!

Emotions are like colorful balloons inside us that make us feel happy, sad, or scared. They help us understand how we're feeling, just like hunger or tiredness. Knowing our emotions is like having a map for our adventure, helping us make better choices. So, let's explore together and enjoy the colorful world of feelings!