



**ISTITUTO COMPRENSIVO
SETTANNI - MANZONI**



PLAYING WITH OUR EMOTIONS

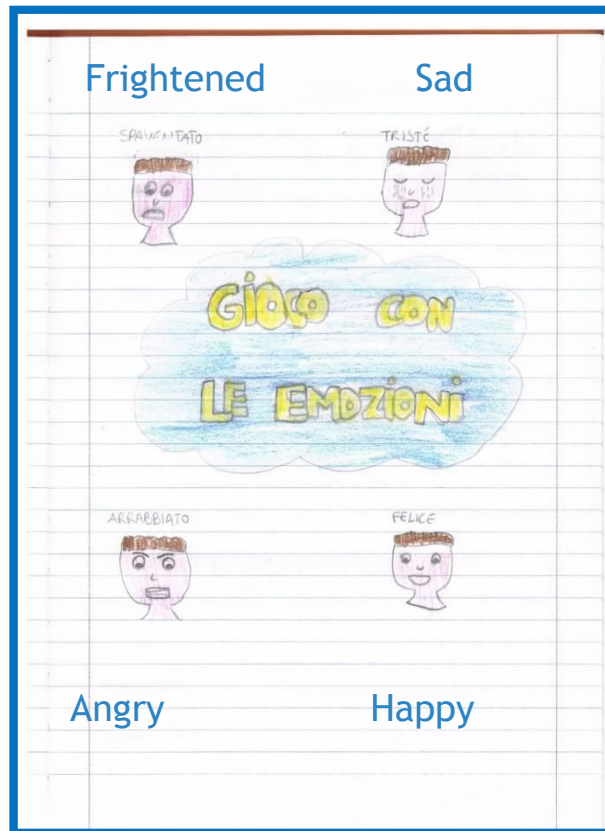
FOURTH GRADE STUDENTS



THE GAME OF EMOTIONS



It's nice playing with emotions:
We learn to dominate
them
little by little



It's easier in two

- ▶ I saw you cry.
- ▶ Tell me
- ▶ Your sorrow .
- ▶ Do not close in yourself
- ▶ your pain.
- ▶ If you shut up
- ▶ You'll feel lonely,
- ▶ if you talk to me
- ▶ it will be lighter
- ▶ your suffering.
- ▶ I'm with you:
- ▶ I participate
- ▶ with a brother's heart
- ▶ to your pain.
- ▶ It's ours: mine



Draw two friends of whom one is sad



REFLECT

In your opinion
what does this
poem express?

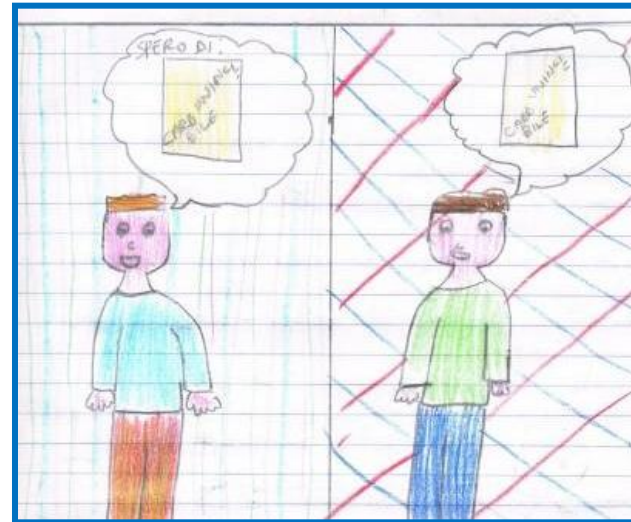
I ANSWER

- ▶ - In my opinion this poem wants to express the pain you feel when you are alone (Lorenzo D.)
- ▶ - When we have a problem we have to talk about it with other people to feel better (Camilla)
- ▶ - The poem gives suggestions to those who are disappointed (Luca)
- ▶ - Keeping inside us our melancholies saddens even more (Gaetano)
- ▶ - The poem emphasizes the validity of the support towards the other; it is a guarantee of support, of sharing (M. Sole)
- ▶ A friend helps you as if he were your brother (Matteo)
- ▶ - In the poem the value of friendship is highlighted (Stefano)

This is Friendship

- ▶ Playing together, studying together, thinking the same thoughts, wanting the same things, hiding together some little secret, chasing each other and waiting, wanting to be with each other for as long as possible; sometimes quarrel and even fight, but immediately try to “have peace”. Don’t need anyone else, laugh together, be happy; this is friendship.
- ▶ It can be born from a thousand occasions.

Draw what is for you friendship



Friendship quiz

- 1) When you are in a bad mood, can you overcome and be interested about friends as always?
- 2) If one of your "not very nice" friend has lost during the game or has been scolded at school, can you keep quiet so as not to make him suffer more?
- 3) If someone is unpleasant for you, can you say goodbye with a beautiful smile when you meet him?
- 4) If your friend tells you a joke, do you listen to him with interest, laughing to make him happy?
- 5) If you find two sweets in your pocket, do you offer one to your friend?
- 6) Or put the second in your pocket while you taste the first?
- 7) If you have a ball, allow all those who ask for it to have fun with you?
- 8) Can you apologize when you offend someone?
- 9) Can you let others talk, without pretending you always speak?
- 10) When you go somewhere with your classmates, do you always give the best place?

Did you answer all the questions? Well, make the sum of Yes and NO.

WHEN THERE ARE SERIOUS REASONS TO STOP A FRIENDSHIP



Think to the reason you had a quarrel.

Maybe friendship has been put in crisis by a recent discussion.

Analyze thoroughly if it is worth saving the relationship.

Do you believe your anger will pass?

Ask to yourself the following questions to understand better the situation.

Was it just a disagreement or has it been for a long time that you didn't understand each other anymore?

Is the problem itself more important than friendship itself?

This depends on the disagreement you have: maybe you think your principles are more important than your friend.

In this case it would be better to end the relationship.



Listen to the story:
«Quarrel between friends» then
talk about your experience with a
friend

Listen to the story:

«Six elves in my heart»



Tommy is tired of hearing the grown-ups say he's too sensitive, he thinks it's a defect, something to be ashamed of. And then there are his companions who do not give him respite: they have given him terrible nicknames and do not lose occasions to make fun of him. Until one day he discovers that his heart is inhabited by six tiny elves: Gaetto, Stuporello, Tremolino, Lacrimoso, Scatto and Sputacchione. They are the ones guilty of his excessive sensitivity. He would be willing to do anything to get rid of them, but how? It will be the little witch Renza, the mysterious tenant of her refrigerator, to offer him her help. But the consequences will be unpredictable ... A fascinating story about emotions, to help you understand that emotions are not enemies from which to escape, but only friends to learn to know each other.

In each of us there are many elves and. . . everyone wants to dominate

A MOVING DAY AT WORK

Hey guys! How was your job today? For me it was a beautiful day!

I do not really want to talk now ... I'm still too angry!

If I think back to what happened, I can't hold back the tears!

Yuck! Disgusting day, as usual!

I still feel a bit shaky ... As soon as I stop shaking I'll tell you everything!

Wow! Life will never stop to amaze me! I would say it was a really amazing day!

Un'emozionante giornata di lavoro

Ehi ragazzi! Com'è andato oggi il lavoro? Per me è stata una bellissima giornata!

Non ho proprio voglia di parlarne adesso... Sono ancora troppo arrabbiato!

Se ripenso a quello che è successo, non riesco a trattenere le lacrime!

Bleah! Giornata disgustosa, come al solito!

Mi sento ancora un po' scossa... Appena smetto di tremare vi racconto tutto.

Wow! La vita non finirà mai di stupirmi! Direi che è stato un giorno davvero sorprendente!



We played "Getting to know each other better"

The mirror of the heart

Ask all your classmates to write in the mirrors below which elf they think to look like more and why. Then ask them to color the little heart with the color that identifies the chosen elf. You will do the same thing on the papers that your classmates will give you. This will allow to know each other better.

I'm alike Scatto because it's beautiful and I'm beautiful.
Luca

1.71

Lo specchio del cuore

Chiedi a quattro tuoi compagni di scrivere negli specchi qui sotto a quale folletto pensano di somigliare di più e perché. Poi chiedi loro di colorare il cuoricino con il colore che identifica il folletto scelto. Tu farai la stessa cosa sulle schede che ti passeranno i tuoi compagni. Questo vi permetterà di conoscervi meglio.

<p>Io mi rispecchio a <u>Gaietto perché è bello e sano bello</u></p> <p>Firma <u>Luca</u></p>	<p>Sono molto simile a <u>Tremolino perché ho paura del buio</u></p> <p>Firma <u>Marina</u></p>
<p>Penso di somigliare a <u>Gaietto perché sono sempre felice</u></p> <p>Firma <u>Matteo</u></p>	<p>Io sono proprio come <u>Gaietto perché sono sempre felice</u></p> <p>Firma <u>Angela</u></p>

I am very similar to Tremolino because I am afraid of the dark
Marina

I think I look like Gaietto because I'm always happy.
Matteo

I'm just like Gaietto because I'm always happy
Angela

We read "Fourth Grade" by Jerry Spinelli



I liked this book because it speaks of children of my same age: the book teaches that it is better to be yourself without changing even if you are attracted from someone's behavior. It is a book that made me think because I would love to be accepted for what I am. I've identified a lot in Morton's character, because sometimes I feel compelled to do things I would not do.

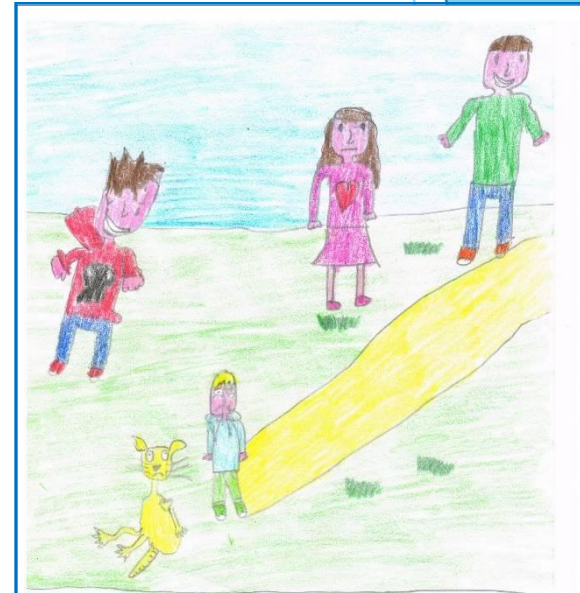
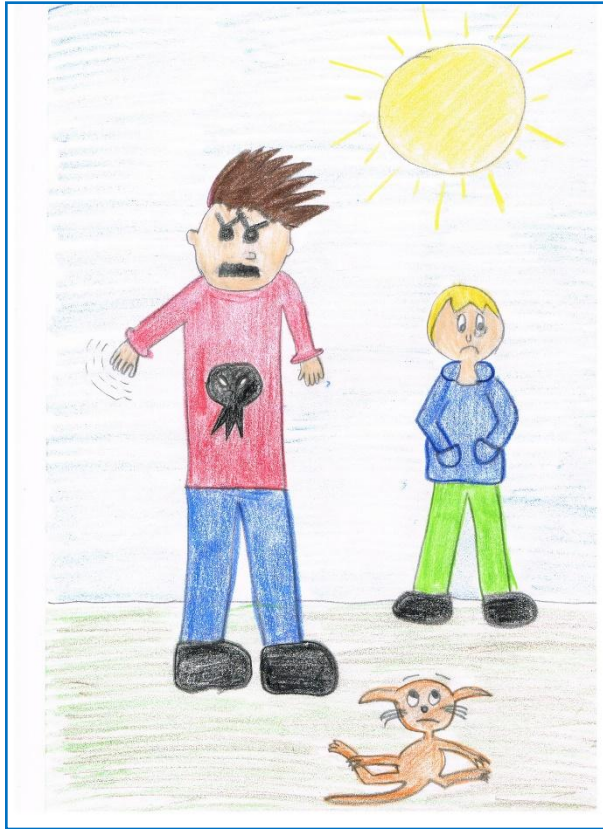
Review

It is the story of two children: Morton and Joy, who attend the fourth grade, which is the class of rats. Morton did not want to be a rat because the rats are overbearing, they are bold, they steal the snacks to the younger children, they make the bullies ... Morton did not behave like a real rat because he slept with his teddy bear, cried when he saw ET, had a basket with baby elephants and was not overbearing with the little ones.

Joy was different from Morton and behaved like a real rat: he did not obey his mother, he brought the snack in the bag like the grown ups, he was not afraid of spiders Morton loved a girl named Judj Billings, but Judj loved rats. Morton tried to become a rat and Joy helped him, but with no great results, until one day, in the canteen, in front of Judj Billings a bully named Gerald Willis threw him off the chair, and everyone laughed. Morton could not take it anymore and then became a real rat and Judj finally invited him to his house.

Unfortunately, to save himself from Judy's cat, Morton climbed the tree, but he was afraid and could not get down until the parents came to help him. While he was on the tree he realized his mistakes and that he was only a frightened child! Once home he hugged his mother and confessed the bad things he had done and had not enjoyed being a rat.

We have seen the video
Bullying: story of bullini, bulletti, bulloni»
<https://www.youtube.com/watch?v=x6lnS8NMSZI>



We are all too cold. If we only spoke, say everything we feel, everything would be better.

Charles BuKowsky

Teach your child the respect for others.

It's important:

- 1) Implement responsible behaviors that help us to self-protect ourselves;
- 2) Eliminate worrying and offensive messages;
- 3) Talk with adults about threats, so that they can help us to slow things down;
- 4) Do not react with the same coin. You could ruin your dignity;
- 5) Ask for help to get more justice, to have more tools;
- 6) Support the victim because cyberbullying can have a big impact on your moral development.



You will make him a man

We have discovered that. . . Even the
colours express emotions . . .

Emotions in Art



The colours for Kandinskij

The colors for Kandinsky are fantastic beings capable of communicating emotions.

Yellow can be compared to our elf Scatto. Musically, the yellow emits a sound comparable to that of a trumpet.

And what emotion does the yellow color communicate to you?

The blue can be compared to our elf Stuporello, is the color of nostalgia and musically is comparable to the flute.

And what does the blue color remember to you? Draw it!

Green is the color of summer, of stillness and is comparable to the violin. And what emotions does it transmit to you?

Red is the color of joy, it can be compared to the elf Galetto and can be associated with the drum. And what does the red represent for you? Draw it.

White recalls silence, infinity and musically is associated with pauses.

Do you think white arouse emotions? Which ones?

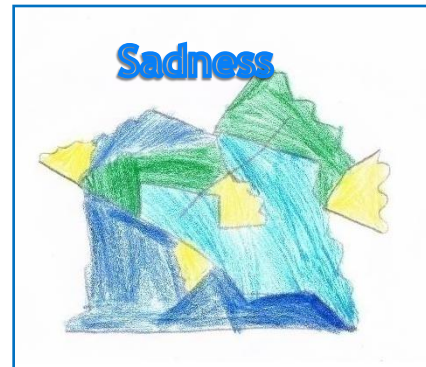
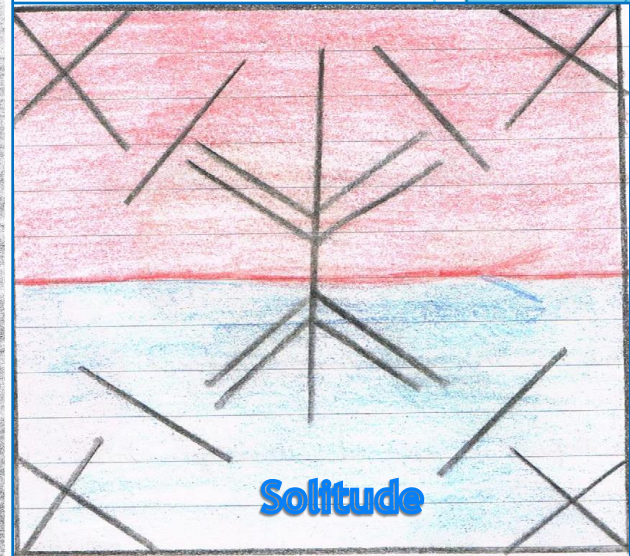
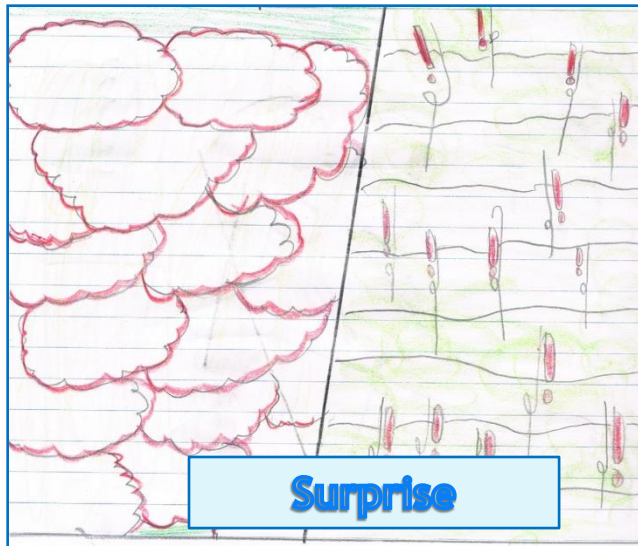
Black for the artist is comparable to the absence of life, of emotions, of sounds.

And for you? Tell

Abstract as an emotion



And now it's your turn: create your
abstract picture and let yourself be
guided by emotions



We analyzed citations of important people

- Martin Luther King

What scares me is not the violence of the bad people; it is the indifference of the good ones.

- Linda Sanchez - author of a federal law in the United States against bullying

For too long, our society has shrugged off bullying by labeling it as a "rite of passage". These attitudes must change. Every day, students are bullied in silence and are afraid to speak. Let's break this silence and put an end to bullying in schools.

- Eleanor Roosevelt

Nobody can make you feel inferior without your consent

So now let's say to everyone

Never say "I"

say "We".

Never say "My"

say: "Our" .

Never say: "It's up to him"

say: "I start .

Never say" I can't "

say : " Here I am.

Never say: " Go away "

Say: "Come!".

Never say: "Tomorrow"

say: "Today".

Never say:

"Death"

say "Life"