# Sharing and learning together. Planting seeds for our future

E R A S M U



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# Erasmus+

Szkoła Podstawowa nr 10 im. Armii Krajowej (Będzin)









Stara Zagora

"By sharing and learning together,

we sow the seeds of our future."



From 19th to 23rd February 2018 students of Primary School no 10 in Będzin, while carrying out the project, dealt with peace and emotions. We've been working on the topic of violence at school and ways to counteract these phenomena. We used the mindfullness technique at school. We created a "bottle for good emotions" with ideas developed by students. It will be used to improve students' relations and help create a good atmosphere at school.



Later in each class series of classes were held.

Their aim was to recognize and name emotions, conditioning our behavior.

The lessons were very interesting!

## **BRAINSTORM**

**MNEMONICS** 

**DRAMA** 

DIVISION OF POSITIVE / NEGATIVE EMOTIONS

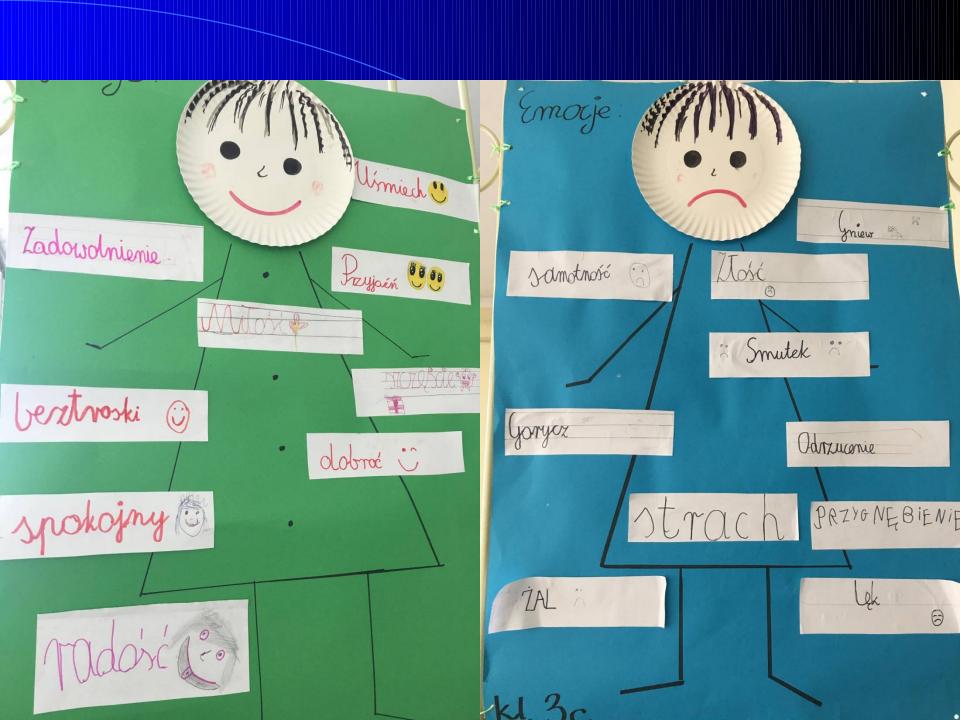
**CLIL METHODS** 

**TALKS** 

## **FUN**

- **WHAT IS EMOTION?**
- >COLOURS OF EMOTIONS
- ► HOW DO I FEEL NOW?
- ▶THE CIRCLE
  OF DISCOVERERS
- **≻GUESS WHAT I FEEL?**



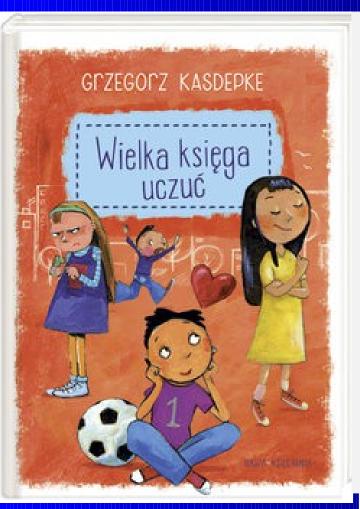






In class 0-3 we were accompanied by the "Great book of feelings", a collection of funny stories about Mrs. Miłek and a group of preschoolers. We have learned stories about longing, shame, contempt, jealousy, love, hatred, honesty, respect, courage, compassion, fear, guilt ...

At the end of each story, we found practical advice.



#### **Contempt**

A person who despises someone, feels much better than someone and looks down on everybody. Sometimes that the friend despises her friend because the other one does not have nice clothes. There are also those who despise people from other countries. Fortunately, most of us despise this behavior.

#### **COUNCIL FOR CHILDREN**

If you have the impression that someone is referring to you, contemptuously, just shrug your shoulders - that's bad for that person and not for you.

Thanks to this book, no recurry are terrible:

Students of the older classes watched the animated film carefully "It does not fit in your head." It turned out that growing up and adapting to a new situation can be difficult when we are driven by emotions:

Joy, Fear, Anger, Disgust, Sorrow.





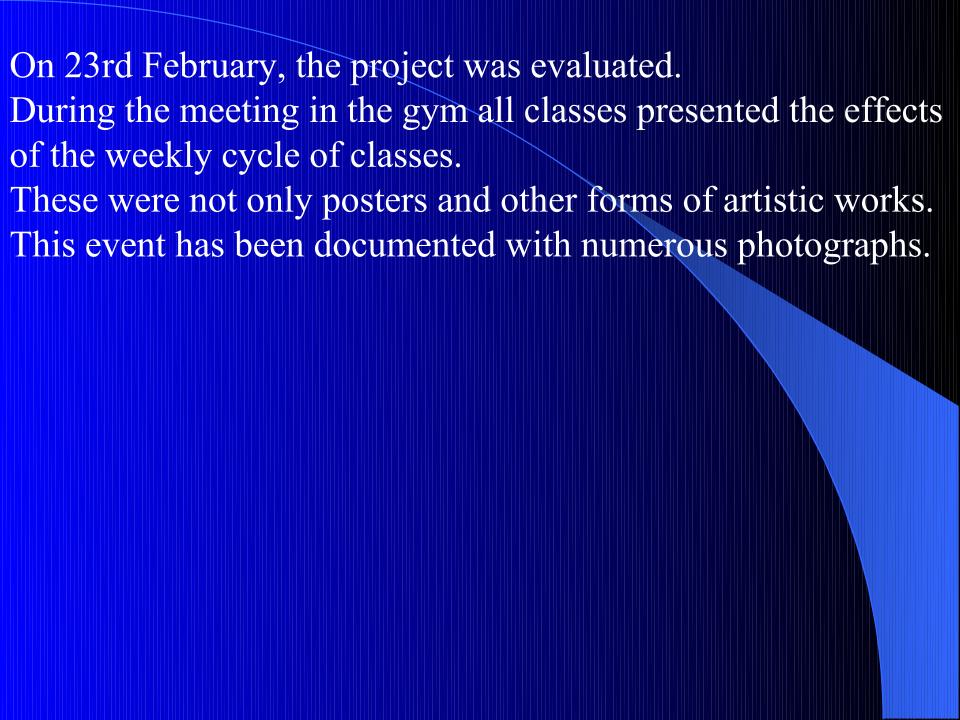
We were happy with the preparation of artistic works, posters and evaluation of class projects about emotions.

It turned out that in many cases we were overwhelmed by various faces - emoticons popular on websites.









The most important were the skills we acquired:

- We can recognize and name emotions.
- We have the ability to express our feelings in a cultural way.
- We know how to deal with bad emotions.
- We are aware that feelings can change.

The ideas developed created a "bottle for good emotions", which will help maintain good relations between students. Because:

WE RECOGNIZE AND WE NAME EMOTIONS

WE GIVE GOOD ADVICE



Since then, not only the corridors of our school are happier, but joy and positive emotions dominate over the negative ones. We simply know how to avoid them!

