



# GUIDE TO HEALTH

Project with multiple beneficiaries under the ERASMUS+ Programme

## **Guide to health**

Integrative tools to manage children's anxiety (in school): guiding light to better mental health

Project code:

**2023-2-HU01-KA220-SCH-000181724**

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# THE ISLANDS THAT LEAD TO ME



Erasmus+



# WHAT ARE EMOTIONS?

Emotions are like friends that follow US every step of the way we do and make our experience unique and unforgettable.

It's important to listen to emotions and to understand them: this allows us to fully experience every adventure, turning each moment into a journey of growth and discovery



# PRIMARY EMOTIONS

**1** ANGER

**2** HAPPINESS

**3** SADNESS

**4** DISGUST

**5** FEAR

These are those emotions that you have been felt since you were a baby! They are the immediate mental and physical reaction to stimuli.



# ARE THERE POSITIVE AND NEGATIVE EMOTIONS?

Actually, all the emotions should be experienced but... it's ok! There is a way to recognize, understand and manage them in effective way.



# THIS WAY IS CALLED:

## EMOTIONAL INTELLIGENCE

### 1 SELF-AWARENESS

Do you know if you are sad or angry? If you know it, why are you sad or angry?

### 2 SELF-REGULATION

Ok, I'm sad. What can I do? Maybe I can find a way to manage it... like art.

### 3 MOTIVATION

Can you direct your emotions towards a goal?

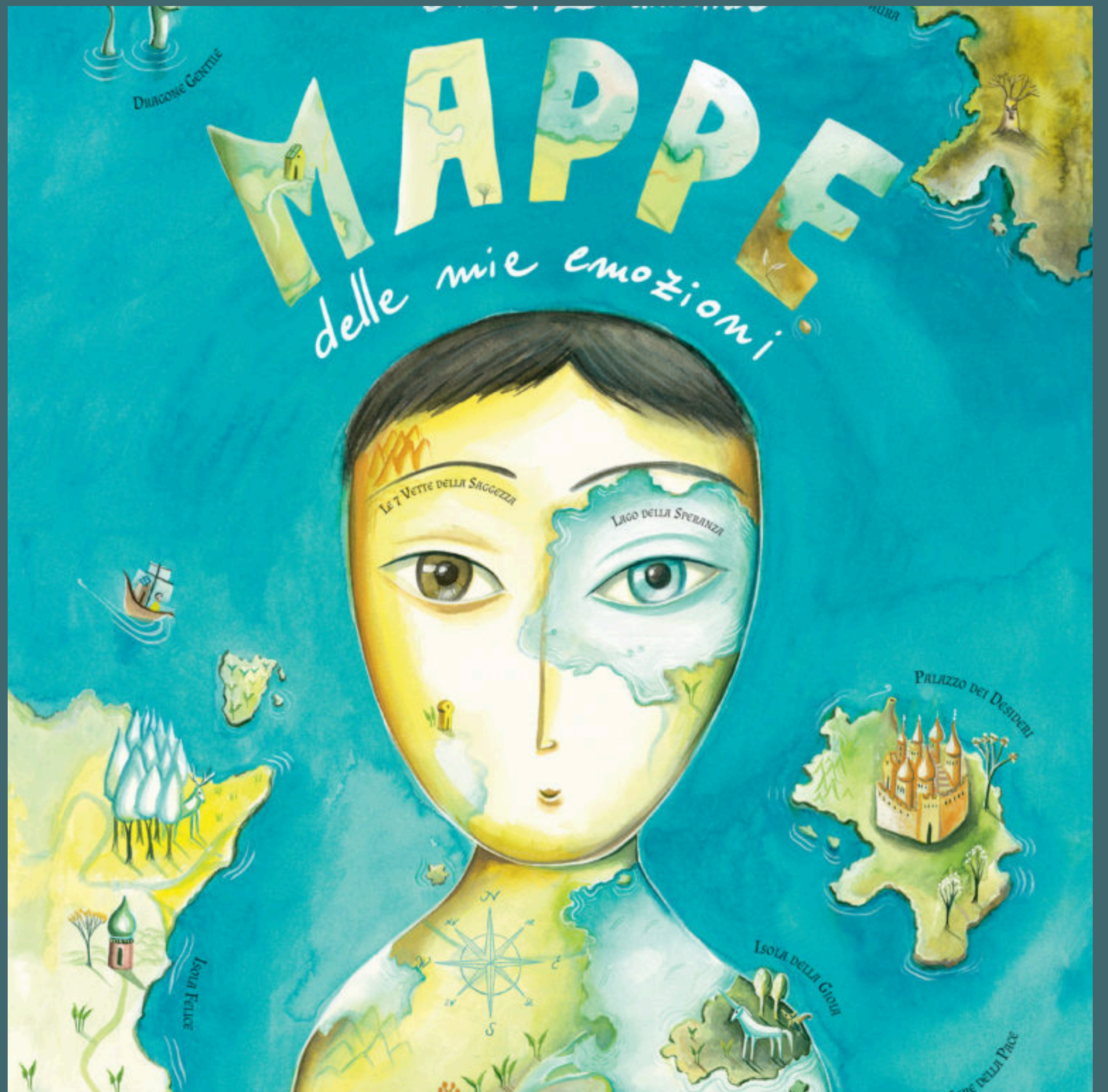
### 4 EMPATHY

Do you understand if your peers are happy or not?

### 5 SOCIAL SKILLS

Can you help your friends being well? Can you resolve a conflict?

NOW WE CAN  
START OUR  
JOURNEY  
THROUGH THE  
ISLAND OF  
EMOTIONS!



# 5 ISLANDS

1 ANGER

2 HAPPINESS

3 SADNESS

4 DISGUST

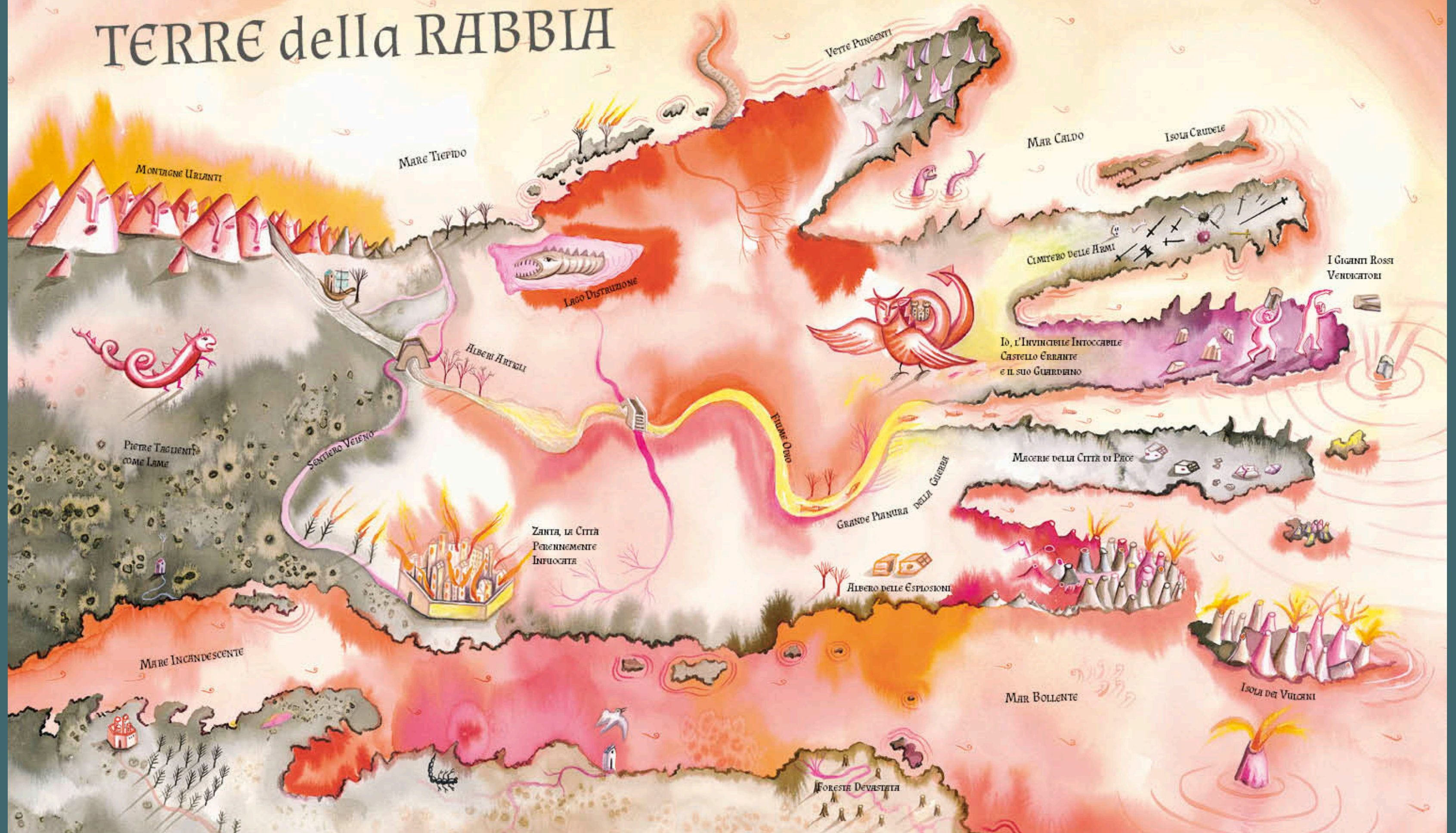
5 FEAR





# TERRE della GIOIA

# TERRE della RABBIA



MARE DEL PRESENTIMENTO

# TERRE della PAURA

Piccola Isola Birruccione

Grande Isola Birruccione

MARE AGITAZIONE

Baia del Sospetto

GUARDIANO del PORTO

Città Mortuosa Bianco



Colline del Tremore

CASTELLO Pallido

Isola del Sospiro Cieco

Città Mortuosa Nera

Strada Senza Via d'Uscita

MISTERO La FORESTA dei NOTI

GUARDIANO DELLA Città AZZURRA

PIANURA di GIACCIO

Le PRIGIONI MURTE

LABIRINTO dell'IMPOSSIBILE

SENTIERO del NASCONDIMENTO

GRANDE ABISSO NERO

Querce URLANTI Sgomento



GRANDE LAGO ORRORE

La Città AZZURRA e le sue MURA

MARE del DUBBIO

Sparventini

Fiume di Mezzo Serpente



# HOW CAN I CREATE MY ISLANDS

What color can I use in my island?

What shape do I want to give it?

I want the entrance is free or not?

What animal or fantastic beast live in my island?

Are there mountain to climb or beach where I can relax?

Can you escape from this island?

What buildings are in this island?

What are other elements that make you feel this emotion?



# HOW CAN I CREATE MY ISLANDS

Each group will change island every 20 minutes to  
be able to work on creating all!

I WISH YOU WELL IN YOUR WORK!

ENJOY YOUR TIME



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INTEGRATIVE TOOLS TO MANAGE CHILDREN'S ANXIETY (IN SCHOOL):  
GUIDING LIGHT TO BETTER MENTAL HEALTH

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