



Correct answer: Kassie and Pablo said that the boy was angry and screaming. The creatures in picture B and C don't seem to match those emotions. However, the creature in picture A looks angry and aggressive.

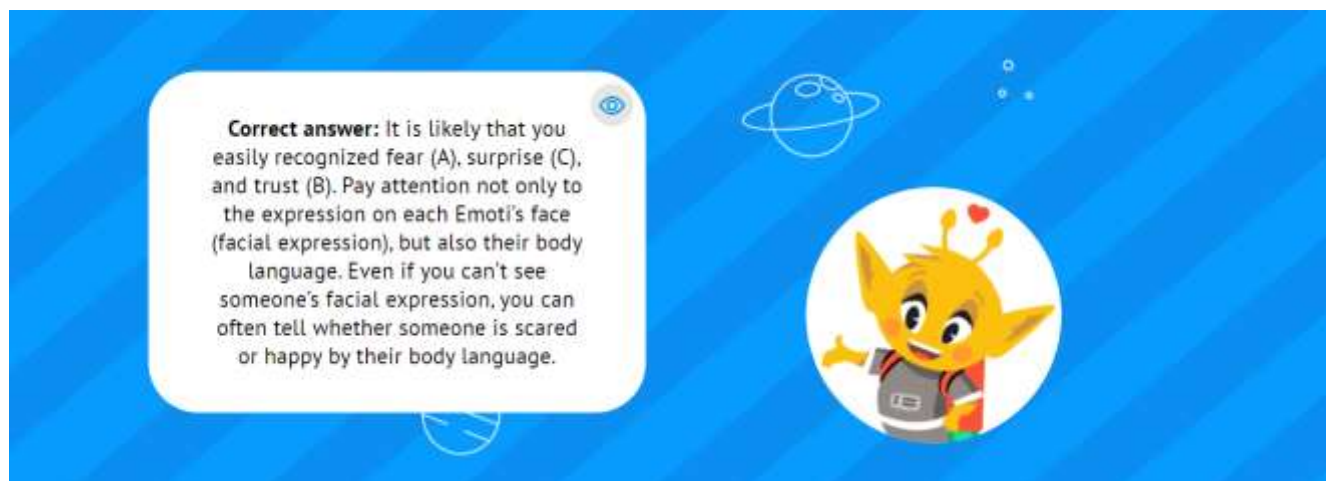
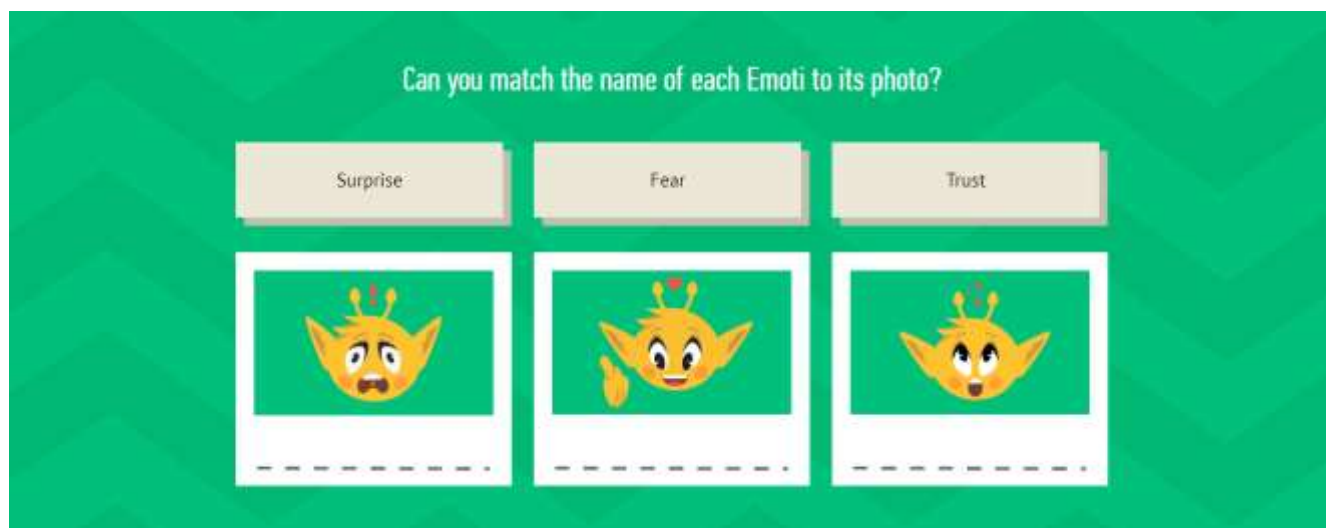


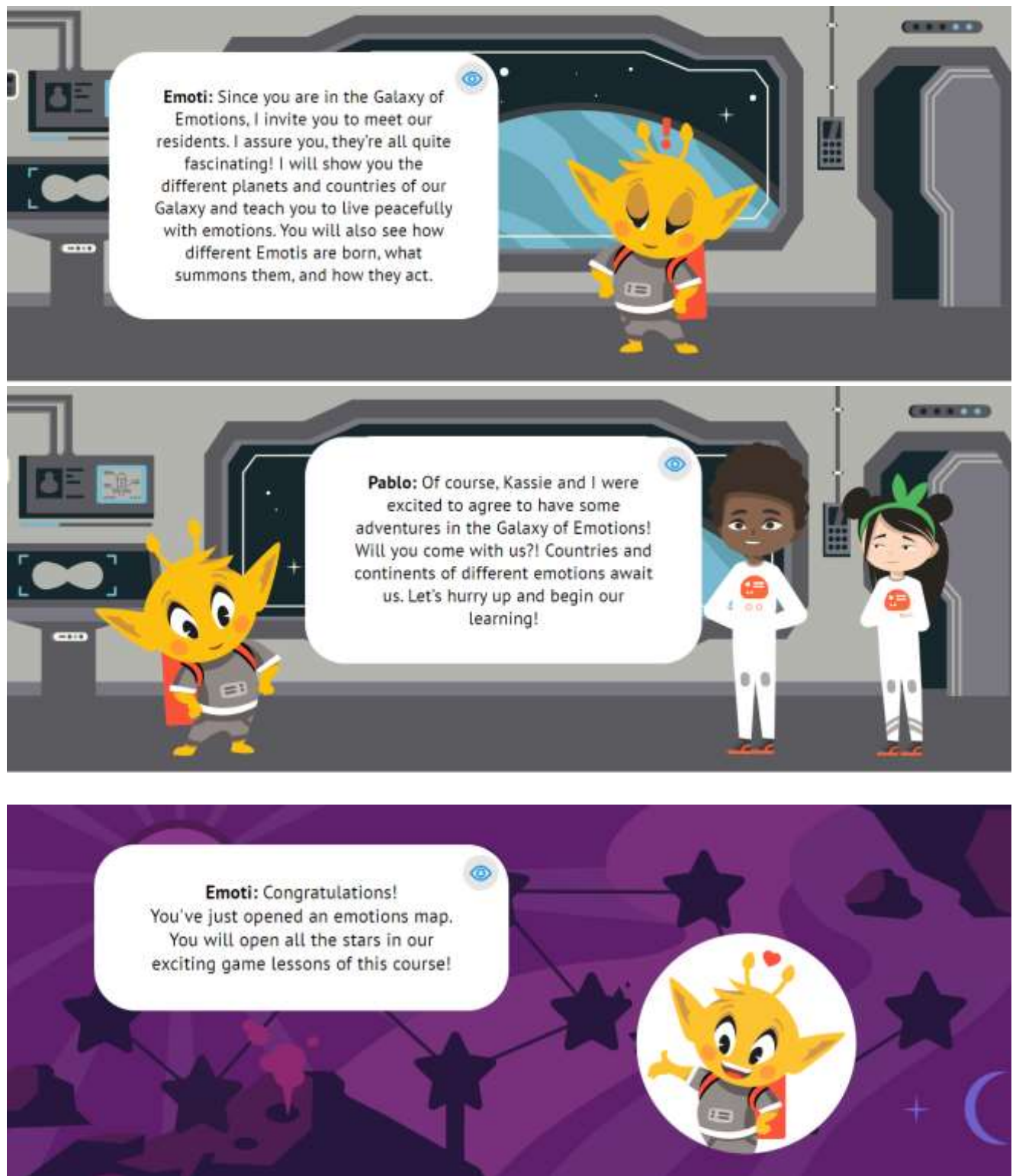
Kassie: And this creature, it pulled us... right into space! We ended up in another galaxy! Can you imagine?! These creatures were hugging and kissing the boy. Then we learned how all the local residents love and value their neighbors.



Emoti: Pablo and Kassie held on to the emo-creature so steadfastly that they were able to travel with it to the Galaxy of Emotions. We - human emotions - live here. We believe that if any emotion exists, then it is important and necessary. The creatures that live here are called Emotis.







nit 1. Getting to know emotions

The course is designed for children 6-13 years old and provides a basic understanding of emotional intelligence. The educational process is designed in the format of a situational game in which the child learns to identify the feelings of others and work with emotions, interactive assignments to reinforce and challenges to apply new knowledge in practice.

During this topic, we will introduce the child to the spectrum of human emotions, try to understand their own feelings, and also recognize the emotions of others. How are interest and surprise related? Is it possible to stop worrying at the blackboard and is fear so terrible?

Unit structure

- The unit consists of 10 lessons + Introduction. Each lesson lasts 30-40 minutes and is devoted to a certain topic;
- 40 exciting interactive tasks integrated into the story;
- The course ends with a fun quiz to check the material digestion. In case of success your child receives a certificate, if not – tries again.
- Unlimited full access to all of the course materials forever;
- Approximately 5 hours of lessons in game format for kids 6-13 years old.

Unit lessons:

- Galaxy of Emotions
- Planet of Joy & Sorrow
- Planet of Fear & Anger
- Interest & Surprise
- Trust & Disgust
- Complex emotions
- What is empathy?
- Cloak of communication
- Helmet of control
- Finding yourself

Unit 2. Conflict resolution

The course is designed for children 7-13 years old. In the game format, the child empathizes with the characters of the course, advises them and sees the possible consequences of their decisions.

During this chapter we have collected and adapted scenarios for the most common conflict situations in which a child may find himself in early and teen age. How to act? Do I need to ask for help? Replaying different situations will help kids to find the right reactions when they face similar situations in life.

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Unit lessons:

- The conflict
- He is different
- I handle it myself
- Not friends anymore
- A teacher is wrong
- Want and need
- Me or them
- I am not a hero
- I am new
- I've lost

Unit 3. Personality types

The unit is designed for children 6-13 years old.

The main task of this unit is to show the child the variety of human characters. We are all in some ways different, but in some ways similar. Why do some folks easily make new contacts, while others are feel stressed about it? How do different people make decisions? What can convince your mother to let you go to the movies in the evening, and what arguments is she most likely not to listen to? Do you like living according to plan or do you prefer to decide everything at the last minute?

In this unit of the course, we will not only talk about what characters are, but also try to figure out how to communicate with some of them.

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Unit 4. Teamwork

The course is designed for 8-14 years old kids and introduces them to the basic principles of teamwork, helps to identify and take into account the strengths of each team member, teaches to give constructive feedback.

The educational process is designed in the format of a situational game in which the child learns to communicate, plan and analyze the work of a team, interactive assignments for reinforcement and challenges for applying new knowledge in practice.

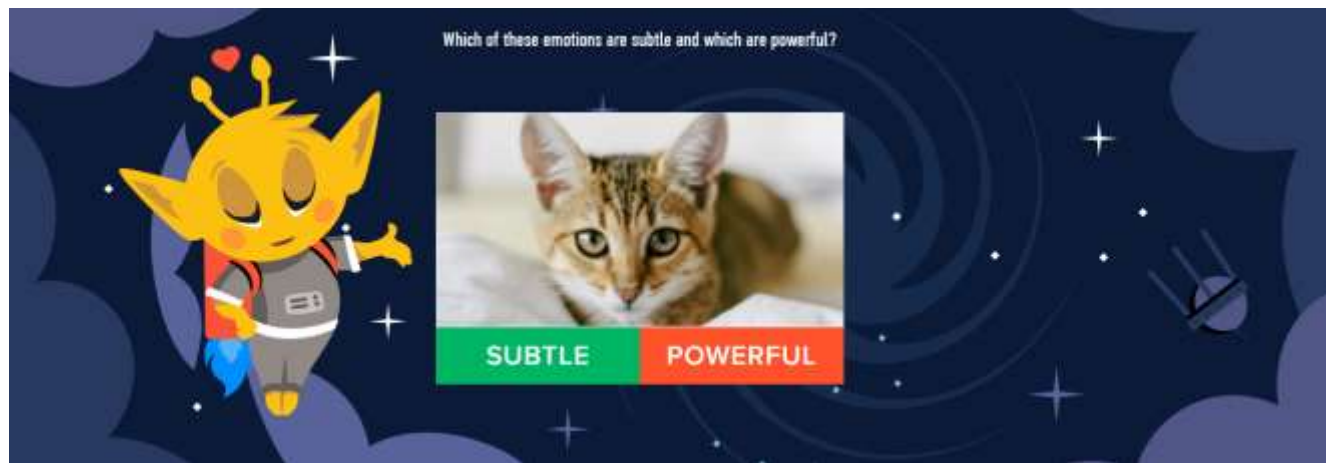
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As you can probably tell, people aren't the only ones that can have and express emotions - animals can too. Being able to tell the strength of an emotion isn't that hard. When someone is experiencing a powerful emotion, their facial muscles tense up. Meanwhile, subtle emotions barely affect the face at all and it usually stays neutral.



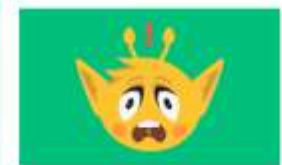




Emoti: Before we start our exploration of the Galaxy of Emotions, I'll introduce you to its **residents**. They are called **Emotis**. Each **Emoti** is a carrier of a specific human emotion. Can you guess which one is which?

Pablo: I think I've already seen them before. Happiness, Fear, Surprise, and someone else... Let's try and see if we can name them all.

Help Kassie and Pablo correctly identify the residents of Reaction Planet.

Anger	Fear	Sadness
		
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When a person is very mad at something or someone, he feels **Anger**. He clenches his fists, his face gets red, the brows furrow, the eyes narrow. **Sadness** is often followed by tears. Also, the shoulders and edges of the mouth droop and the eyebrows come together. **Fear** makes us cover our faces with our hands as if protecting ourselves from the scary

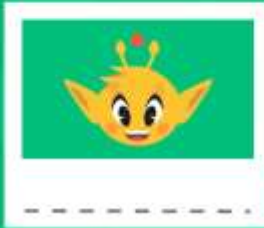
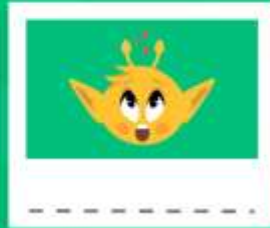


Try to figure out what the following emotions are.

Happiness

Disgust

Surprise



When we experience **Happiness** (when we come across something pleasant or something we've been looking forward to), a big smile comes across our faces. **Disgust** is what we feel when we see or feel something gross or repulsive. Disgust causes our face to grimace and our body to move away from the thing causing it. Someone who is **Surprised**



looking forward to), a big smile comes across our faces. **Disgust** is what we feel when we see or feel something gross or repulsive. Disgust causes our face to grimace and our body to move away from the thing causing it. Someone who is **Surprised** (when he or she sees something unexpected or unusual) opens their eyes and mouth as wide as possible.



Emoti: Anger, Fear, Sadness, Happiness, Disgust, Surprise... and here are the representatives of the remaining two governments of our planet. Take a look at how **Longing** is smiling, as if he's waiting for something nice to happen. Meanwhile, **Trust** is reaching out for a handshake because he can't wait to meet and find out a bit more about you.



Trust



Anticipation

Emoti: Great! These 8 Emotis are the carriers of **main (base) emotions**. From these emotions, or their combination is where the other residents of our planet come from.





Positive continent



1 out of 3

Negative continent



2 out of 3

Neutral continent



3 out of 3

Can you guess which continent's residents experience the following emotions?

Neutral

Positive

Negative

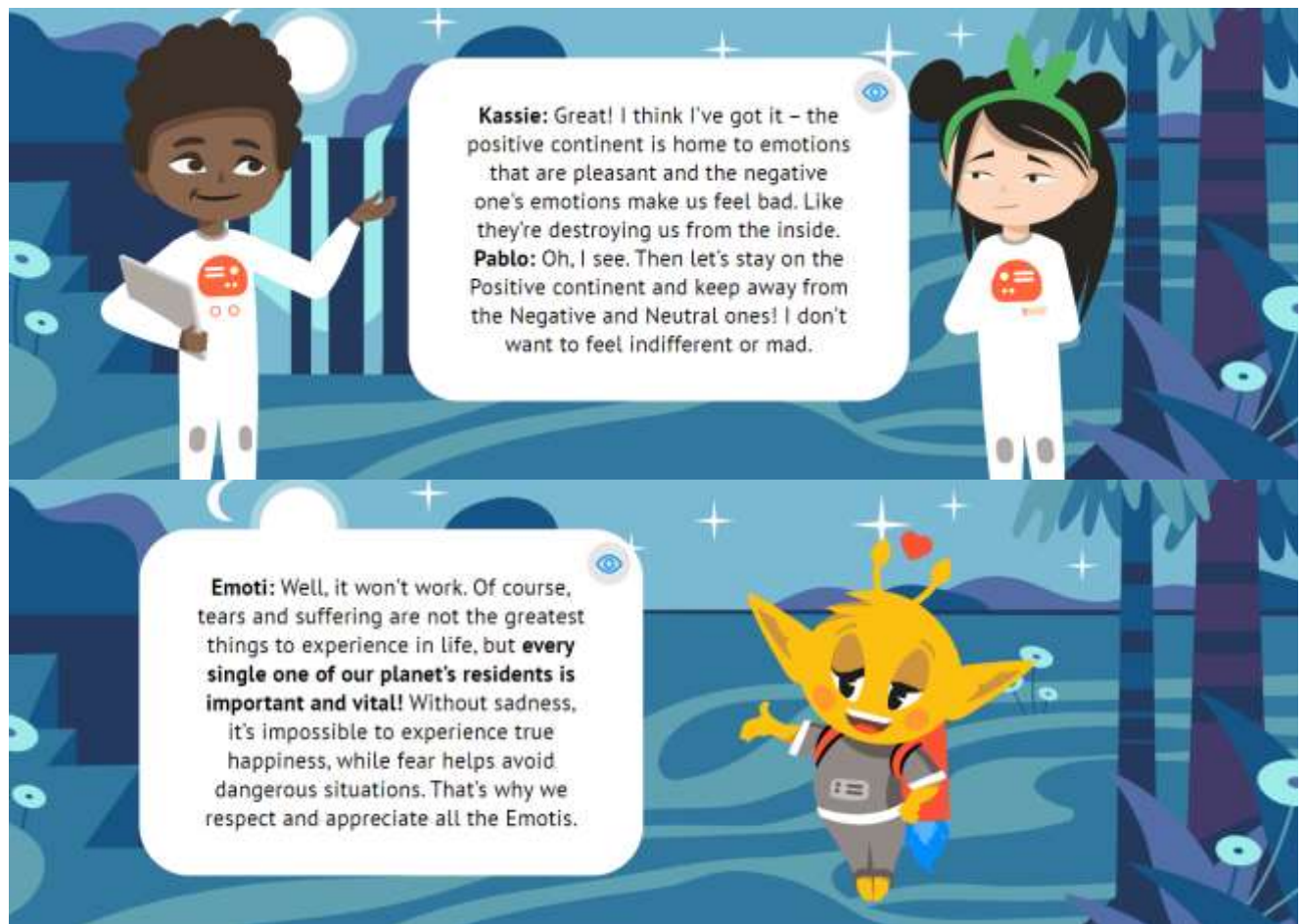
Anger, Resentment,
Anxiety, Annoyance,
Outrage

Happiness, Optimism,
Interest, Love, Hope

Surprise, Doubt,
Curiosity, Indifference

Think about which of these emotions are pleasant to experience, which don't leave a lasting effect, and which cause anger or sadness. That's how different the residents of Reaction Planet can be.







What emotions did you experience then?

Enter your answer

Great job! You've analyzed the situation quite well!




Pablo: I've completed this task too. I'll be honest, it was pretty hard. It's not always easy to identify an emotion right away. It took a bit of hard thinking, but I managed to figure it out and write it down. Take a look at what I got as a result.




Anticipation



I was waiting for the judges of a talent show that I was in to announce the results. While I was waiting, I was also a bit scared  that if I didn't make it into the finals? Then I finally found out that I made it! The agonizing wait was over.

Squeamishness



 I was looking around in the closet and found a huge and very dead fly. It was all dusty and dry. Gross!

Sadness



My dad went away on a long business trip and I missed him a lot while he was gone. I wanted to see him again so bad that I wanted to cry! So then we agreed that we would call each other every day so that I wouldn't be so sad.

Surprise



We went on vacation and a thousand miles away from home I randomly met one of my classmates. We practically bumped into one another! At first, I just didn't believe my eyes, but it certainly was David that was standing in front of me.



Which "recipes for quick happiness" are meant for which of Kassie's relatives?

Grandma

Dad

Little brother




Of course different people require different "recipes for quick happiness." The better you know a person, the easier it is to think of one for that person. Set A will make Kassie's little brother happy, set B is for grandma, and set C is for Kassie's dad.



Pablo: What a grand adventure on Reaction Planet this turned out to be! We've visited different continents and cities, met the locals, learned to identify the emotions that they express, and to respect them.

Kassie: Emoti, it would be such a shame to say goodbye! Do you want to come with us to visit other planets in the Galaxy of Emotions?





Emoti: I would be happy to! Let's explore all the corners of this wonderful world. Our next stop is the planet of Happiness and Sadness. For now, here's a **Happiness emoji** to commemorate our first adventure together. At the very end of the journey, you can exchange it for **rocket fuel**, which will come in handy for the return trip to Earth.

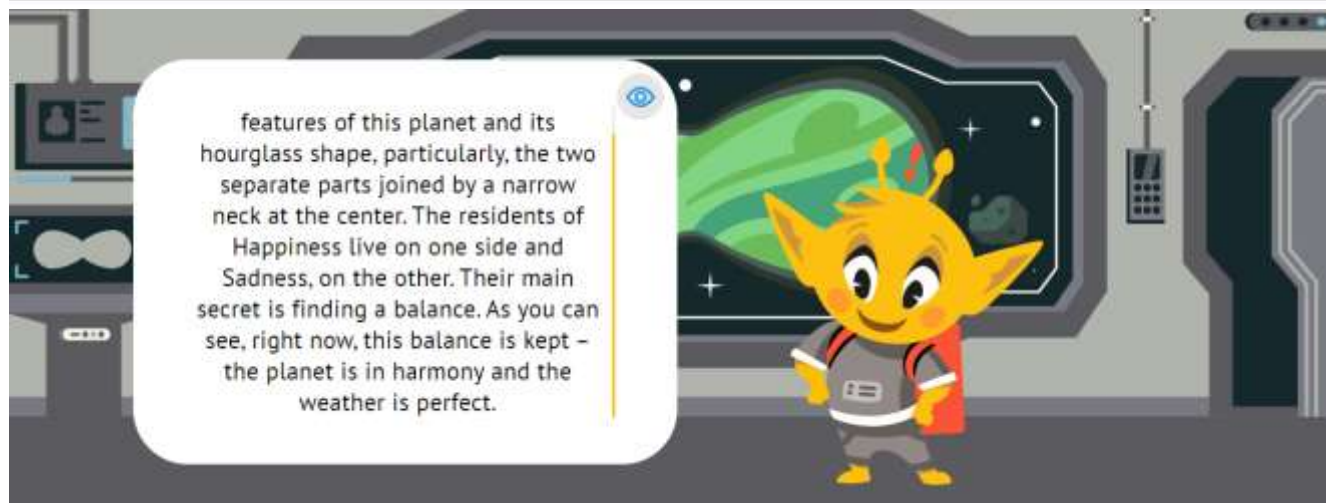
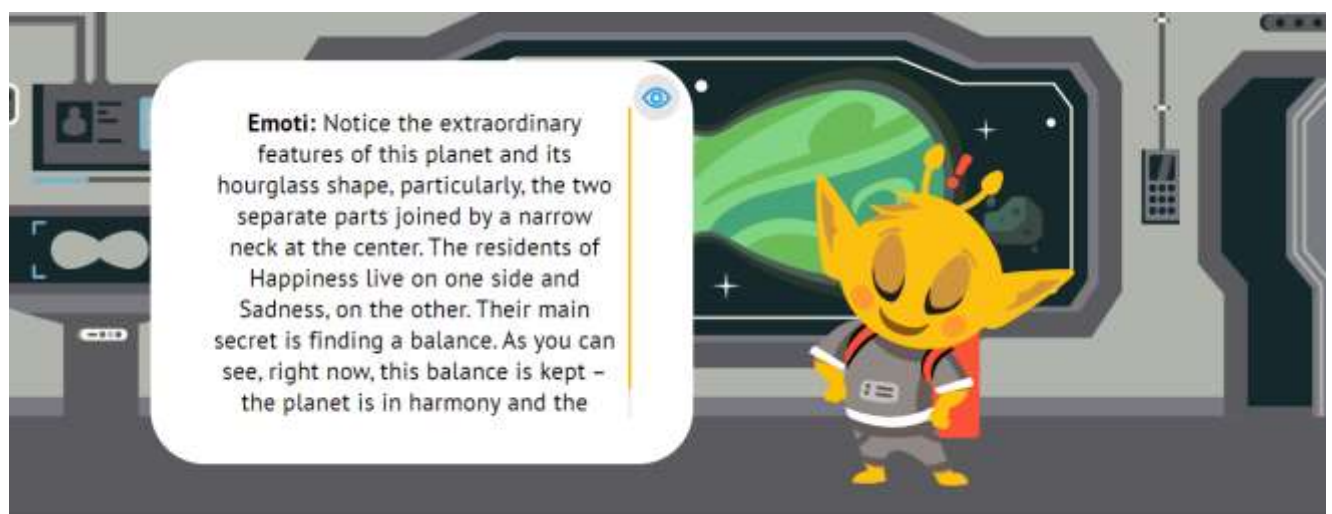
Did you like the lesson?

Please rate how much you liked the lesson,
we care about your opinion!



LESSON 2

Planet of happiness and sadness



Let's practice identifying what people are experiencing – happiness or sadness.



SADNESS	HAPPINESS
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Let's practice identifying what people are experiencing – happiness or sadness.



SADNESS	HAPPINESS
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SADNESS	HAPPINESS
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SADNESS	HAPPINESS
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You likely didn't have any trouble identifying a very happy person from one that's very sad. The ones that weren't as expressive were probably a bit harder to figure out. But practice makes perfect! If you get some more practice, it will become easier to tell which emotions people are feeling without much difficulty.



Kassie: My grandma always says that there can be no happiness without sadness. That means that the residents of both sides of the planet are equally important and essential, right?

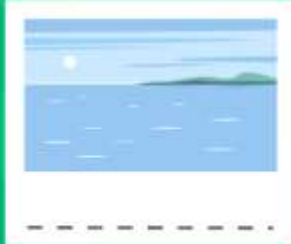
Pablo: That's exactly right, because if no one was ever sad, then they wouldn't ever be able to enjoy being happy as much, and vice versa. Aw man, this is so coooool!

Emoti: The most interesting stuff is still ahead! Our landing was a success. But before I open the hatch, I want to be sure that you won't mix up the residents of the planet with one another. That wouldn't be very nice to them, wouldn't you say?



Which emotion is being expressed by each picture? Connect the pairs.

Happiness



Sadness



Serenity

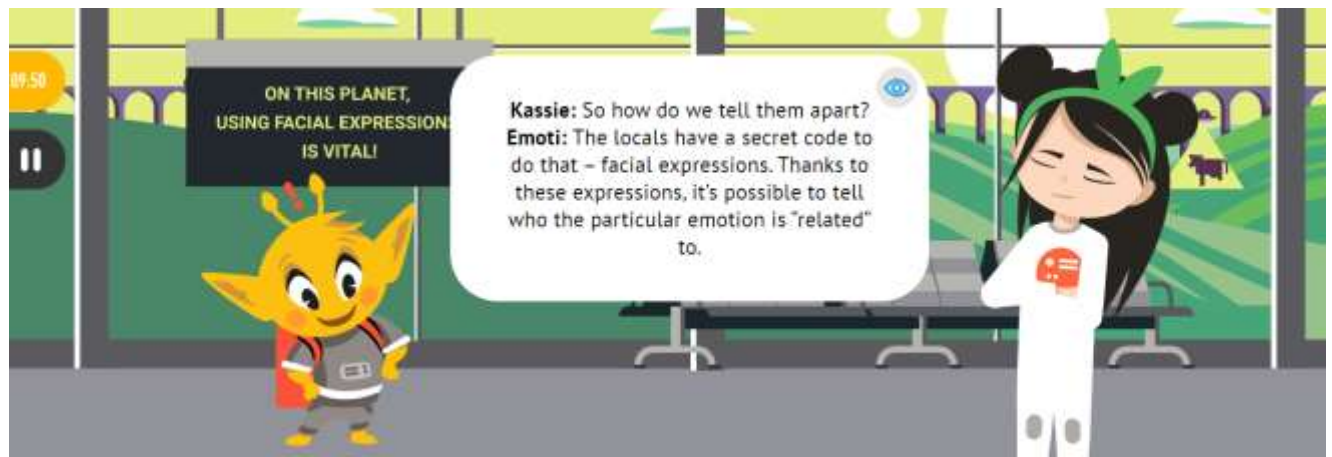


Happiness a feeling of lightness, fun, and a great mood. When you feel happy, the world around you seems brighter as a whole. **Sadness** is a reaction people have when someone or something precious or beloved isn't around. Serenity is the feeling you get when you are at peace, when worries or anxiety is absent, and when your emotions are balanced



Emoti: Great job! But there's one more important fact to know. This planet isn't only inhabited by happiness and sadness. When these two emotions are combined, they create many other inhabitants. We call these **derivative, or complex, emotions**. You can imagine it like one, big, happy family of emotions.







Which of these are derivative emotions of happiness and which are derived from sadness?



Resentment



HAPPINESS

SADNESS

Which of these are derivative emotions of happiness and which are derived from sadness?



Cheerfulness



HAPPINESS

SADNESS

Delight, Cheerfulness, Pleasure, and Optimism are all derivative emotions of **Happiness**, and are almost always accompanied by a smile. **Gloom, Resentment, Longing, and Fatigue** are all derived from **Sadness**. A sad person lowers their shoulders, eyes, and edges of the mouth. Someone who is sad also slouches and their whole body droops.





Emoti: You see how many relatives the base emotions of Happiness and Sadness have? They actually have a whooooole lot more! Now, thanks to facial expressions, you will be able to tell them apart.

Pleasure



Misery



Delight



Sadness



Despair



Hopefulness



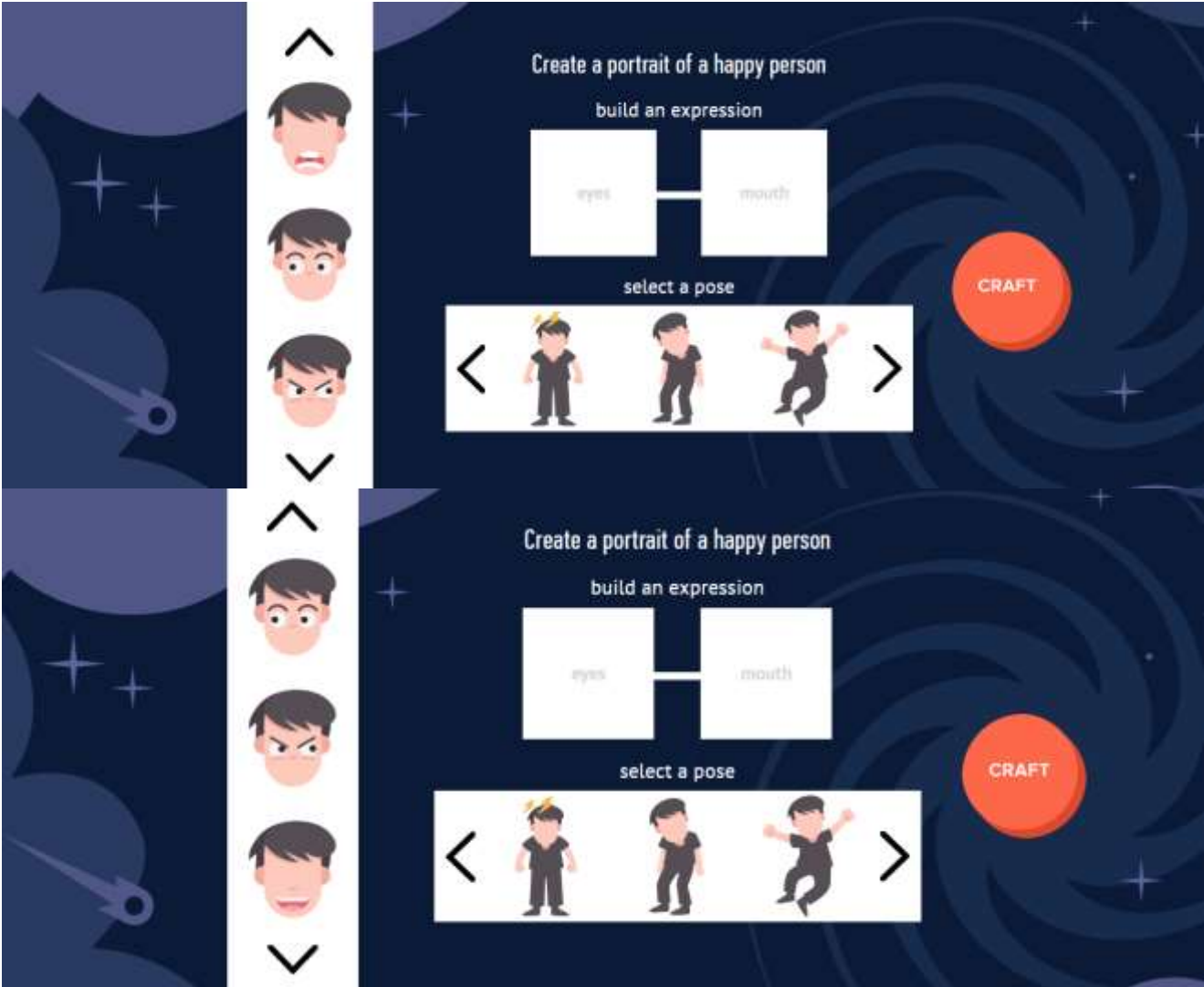
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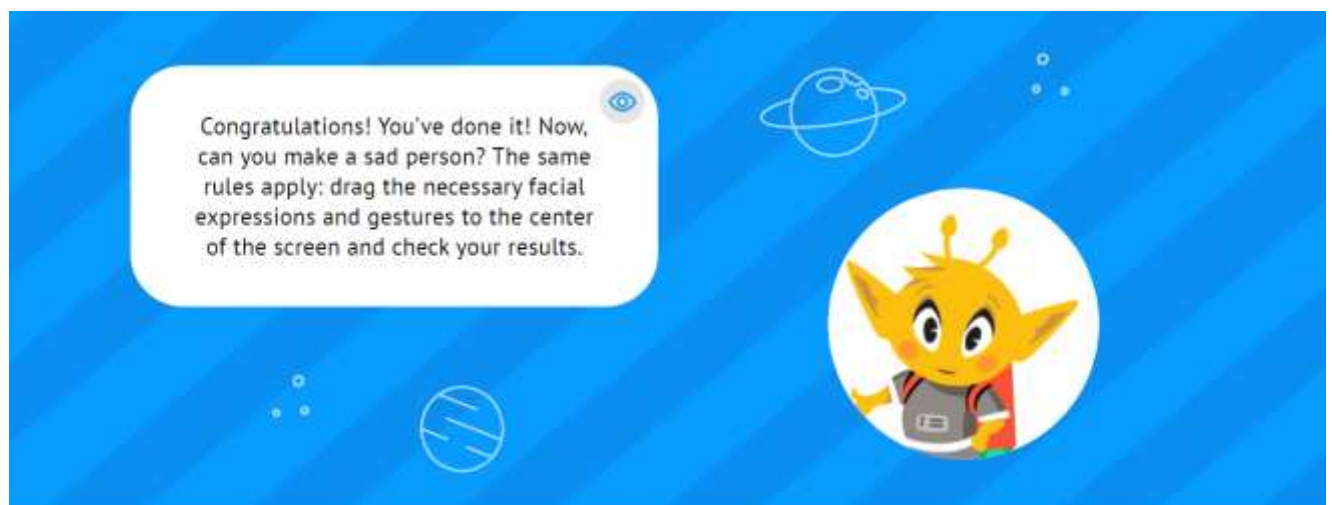
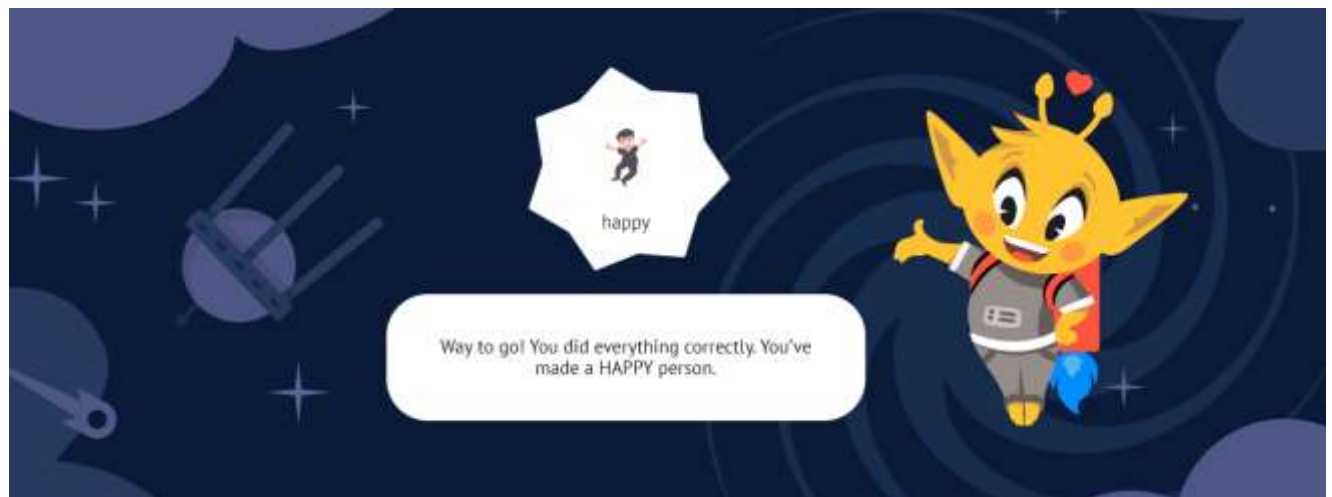
Kassie: I've got it! I've cracked the code of facial expressions. A smile means happiness. It's barely noticeable on some residents, while others have smiles so wide that you can see their teeth.

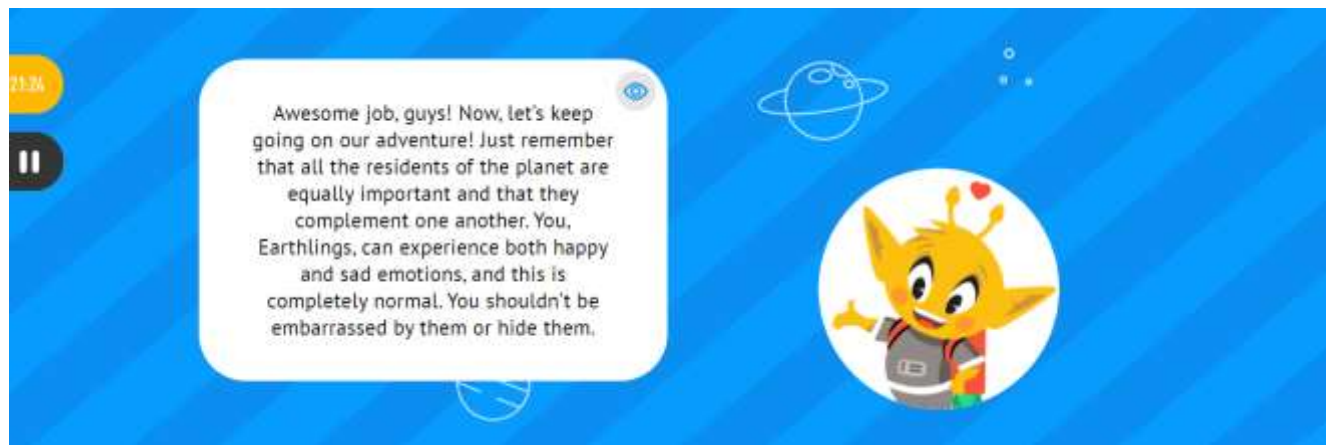
Pablo: With sadness's relatives, it's the opposite. The corners of their mouths are lowered, their eyes look very sad and they are usually looking down.

Emoti: You kids are geniuses! That's right, guys. Based on these reactions, (usually from the shape of the mouth and eyes) scientists were able to discern nearly 70 derivatives of Happiness and Sadness.

Kassie: Thanks, Emoti! Thanks to your hints, we'll now be able to feel sure of ourselves on this planet and make some new friends.







Getting a cool present – HAPPINESS



The rain outside won't let you – SADNESS



Your team won the game – HAPPINESS



Getting a bad grade in school – SADNESS



26:19



Winning and losing, cool presents and bad weather... Every day, something happens in our lives, whether it's something great, or not so much. **Knowing the causes of your emotions is important** because then you can do something to improve your mood. To do this, you just need to eliminate the thing that's causing a negative reaction and do something that makes you happy instead.



Try to remember – when was the last time you felt sad? What caused you to feel this way? What did you feel afterward? What helped you deal with the situation? Can you write it down? When was the last time you felt happy? What made you happy? What did you do then? What happened next?



Try to remember – when was the last time you felt sad?

yesterday

Great job! You've analyzed the situation quite well!



Did you answer all the questions honestly and in detail? Good job! You've just made the first notes to put in your Boxes of Happiness and Sadness. You can also use envelopes, pouches – whatever you'd like. The main thing is that you write down everything that makes you happy or sad, just like for the task above. Gradually, your "treasure chests" will




put in your Boxes of Happiness and Sadness. You can also use envelopes, pouches – whatever you'd like. The main thing is that you write down everything that makes you happy or sad, just like for the task above. Gradually, your "treasure chests" will fill up with experiences and you will find out more about yourself in the process.



Emoti: Asking yourself "What's making me sad?" and "What can I do to make myself feel better?" is a good habit to have because you can either change the situation or your attitude towards it. Eventually, you will learn to control your emotions!





Kassie and Pablo spent a few more days exploring the Planet of Happiness and Sadness. They have made so many new friends on their journey! As a parting gift, they received an emoji of another base emotion from their new friends. Now Kassie's and Pablo's collection has both Happiness and Sadness.

Did you like the lesson?

Please rate how much you liked the lesson,
we care about your opinion!

