



Theme: "The Teaser " Poem by Krzysztof Roguski

Objectives:

1. Identifying and naming various emotional states, learning how to deal with your own emotions, properly responding to the emotions of others and controlling behavior:

2. shaping the ability to express one's own feelings and emotions in a verbal and non-verbal way (facial expressions, gestures, dance, art work).

3. Developing the ability to express one's own feelings in a way that does not harm others and is socially acceptable.

4. Shaping children's self-esteem.

5. The use of CT tools in work with children.

"Pantomimic riddles" - expressing well-being in a non-verbal way, ie with the help of facial expressions

Auxiliary material The poem "Złiciel" Krzysztof Roguski

The devil is someone who

Who loves the word "anger".

And he can't hide his anger

When his anger appears on his face.

Immediately screams, then stomps,

She immediately exclaims: "Why, that's stupid!"

He squeezes his hands into fists

And he crunches his teeth loudly.

One moment it's pink

In the second, it's all purple,

In the third, white as bones ...



This is how the evil one gets angry!

Support material Fun Yes / No

The teacher reads the following sentences and the children say:

- *whether the given reaction is good / acceptable (yes),*
- *whether inappropriate / unacceptable (no).*

If the reaction is wrong, the children come up with a different one.

- 1. When I am sad I can cry.*
- 2. When I am angry, I beat other children.*
- 3. When I am happy, I laugh out loud.*
- 4. When I'm scared, I want to see my mom.*
- 5. When I don't like having fun, I can stop having fun.*
- 6. When someone upsets me, I call them names.*

Then he explains that anger, like other unpleasant or difficult emotions, is natural, so we can feel and express it, but in such a way as not to harm others.

"Yes, no" - didactic game. The parent reads the following sentences about the children to determine whether the given reaction is good - correct (yes), or whether the given reaction is wrong, unacceptable (no).

- When I'm sad, I can cry.
- When I'm angry, I beat other kids.
- When I'm happy, I laugh out loud.
- When I'm scared, I want to see my mom.



- When I don't like having fun, I can stop having fun.
- When someone annoys me, I call him names.

"What does anger look like?" - the children paint their friend's face. The teacher takes pictures of painted faces and makes a video in the INSHOT application, while watching the video, children recognize emotions, telling why they think it is exactly this feeling.

"When I'm angry I can" - didactic fun Searching for safe and effective ways to throw out (release) anger, e.g. stomping, jumping, running, boxing pillows. The parent then asks the child to remember a situation (s) in which they were angry but could not (or were not allowed to) show their emotions. He invites the child to throw away the accumulated anger in any (acceptable) form. After completing the exercise, the children say how they feel now.

Applications used:

Inshot





