

Chapter 1

Naming Emotions

Self-Awareness



Orange Genie



Feeling Check-In:

Close your eyes and take deep breaths. Scan your body from head to toe. Notice your feelings. Colour the emotions that you feel.



Focus Points



- Self-awareness is the skill that helps one understand one's feelings and thoughts.
- Being self-aware means knowing what we are good at and what we need to improve.
- Naming emotions improves our understanding of others, building our emotional intelligence.



Warm-Up



Draw yourself on a blank sheet of paper. Imagine yourself doing the things you love or want to become when you grow up.



For facilitator: Ask children to run their imagination free and think of their best versions, which would include them probably excelling at various activities or having multiple talents.



Hey James, are you okay? You seem upset...

Yes Nova. I do not feel so good.

What is happening in your body?

My tummy feels upset, and my heart beats fast. I was watching a movie where I saw a Dolphin eating plastic straws. It made the Dolphin sick. Our actions can harm the sea animals!

James, my dear, you are right! People should be careful and not throw trash in the sea.

Yes, I want to help in keeping the beaches clean, Moana.

That is lovely. You and Nova can join the 'NGN Beach Cleaning Club' for that!

Heal the Ocean

15



Heal the Ocean

15



Wonderful! And James, here is the NGN Name-It Tool. It will make you feel better. Let us discuss the steps.

Brain Teaser



1. Circle the correct answer.

1. Nova spoke to James because he looked _____

Happy Angry Upset

2. James told Nova that his _____

Heart is beating fast Toy Broke Friend left the school.

3. James wants to _____

Help sea animals Use plastic Not play with Nova

4. If I feel scared, I will _____

Not tell anyone Share with my parents Skip school

2. Think and Answer

Match the following.

Column A	Column B
Excitement	Harmful
Nova	Emotion
Plastic Waste	Helpful Friend



Draw yourself showing a time when you feel HAPPY!



Creativity



Self Expression

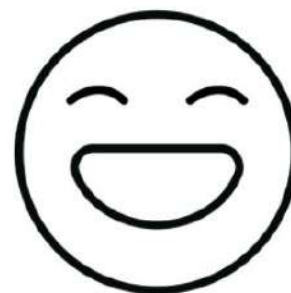
Colour the emotions you are feeling RIGHT NOW.



Self Reflection



Emotional Intelligence



Feeling Check-In:

Think of something you feel thankful for. Share it with your friends. Colour or draw how you feel.



NAMING EMOTIONS



Emotional
Intelligence



Identification
of Emotions



What is Self-awareness?

Self-awareness means knowing yourself! Knowing if we feel happy, sad, worried, or angry.

What are Emotions?

Emotions are what we FEEL inside. They help us know our needs. Some of the emotions are:

Happiness: When everything looks good. You feel light and feel like smiling.

Example: Noah feels happy because his teacher says nice things about him in class.



Sadness: When nothing seems good. You feel like crying.

Example: Julia is feeling sad because she missed her school bus today.



Anger: When you feel like someone did wrong. You feel grumpy and warm.

Example: Sam felt angry when his parents cancelled the movie plan.



Worry: You feel like something bad is going to happen. Your heartbeat increases.

Example: Rahul is worried about his Math paper.



Fear: When you feel scared. You find something dangerous.

Example: The loud noise of thunder scared Pooja.



Excitement: When you feel extra happy. You feel energetic.

Example: Rama is so excited to visit the Zoo!



Reflective Learning



DATE:

Read the given prompts and complete the journal.

1

You spill orange juice on your new dress/shirt.

Which step from the NGN Name-It Tool will you use?
(Think it / Name it / Say it)

.....

.....

.....

.....



2

You spot a bright rainbow in the sky.

Which step from the NGN Name-It Tool will you use?
(Think it / Name it / Say it)

.....

.....

.....

.....

3

You get a new haircut, and your friends make fun of you.

Which step from the NGN Name-It Tool will you use?
(Think it / Name it / Say it)

.....

.....

.....

.....



Social Impact Learning



Global
Awareness



Empathy



“

2022: There was lots of garbage in the Pacific Ocean called the Great Pacific Garbage Patch. It was like a big ball of bad things in the ocean that is made up of waste, like plastic bottles, bags, and straws. We must do something to protect our oceans and protect the sea animals.

”

Credits: Intergo
UNESCO

vernmento

A few reasons why our oceans are not clean:

- Littering and not using a waste bin
- Using plastic bottles
- Using plastic bags
- Not respecting nature

Tick all the correct answers.

Q.1 What will you do if your friend throws a plastic chip packet on the ground?

- ☐ I will also throw it on the ground
- ☐ Tell them to throw it in the dustbin
- ☐ Tell them that it hurts sea animals
- ☐ Do nothing

Q.2 How can we keep our oceans clean?

- ☐ By reusing plastic bottles
- ☐ Throwing garbage in the dustbin
- ☐ Throwing garbage on the beach
- ☐ Using cloth bags



Think and Write

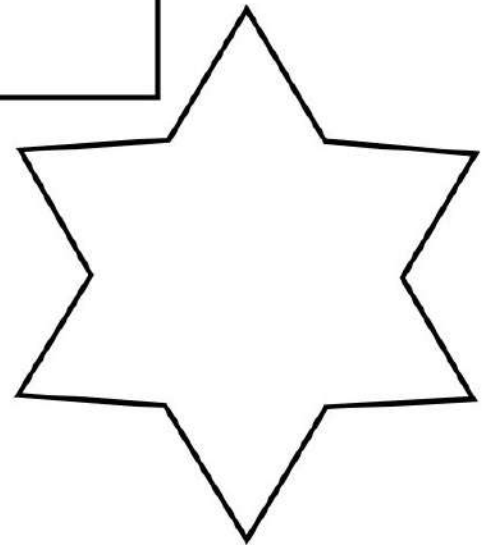
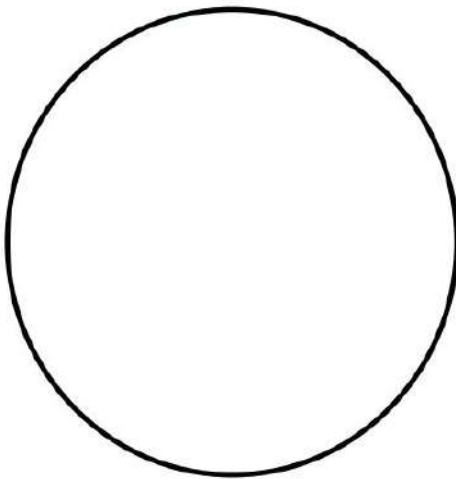
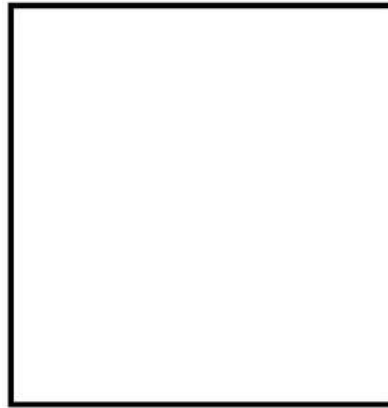
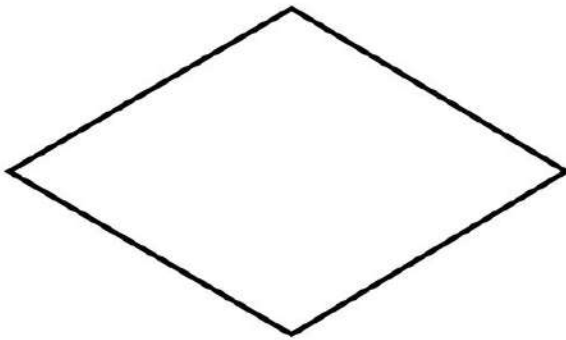


Global Awareness



Creativity

Craft Work: Use any plastic items available around you and stick it on the following shapes. You can use polythene bags, straws, wrappers, etc.



Try it out: Get up, pick all the trash around you, and throw it in the dustbin! Where did you pick up the trash from? Write in the box.



Global Awareness



Life Skills

How did it feel? Draw your emotion.

Will you do this at any other place (home/school/playground)? Write/Draw in the box.

The facilitator can help the children cut the plastic into small pieces.

Feeling Check-In: Share a good and not-so-good thing from your day. How do you feel right now? Draw or colour your emotion.

Ask Yourself



Self
Reflection



Problem
Solving



You want to teach your friends
how to keep the oceans clean.
What should you tell them to do?

Effective Communication



Good & Bad
Behaviours



Self
Assessment

Read the prompts and decide if this is good or bad behaviour. Put a tick mark if it is good behaviour and a cross if it is bad behaviour.

- Your school guard wishes you in the morning. You ignore it.

☐ ☐

- You thank your friend for bringing you a birthday gift.

☐ ☐

- You push your friend in the line.

☐ ☐

- You try to make your friend smile when they are sad.

☐ ☐

Discuss and Debate



Critical
Thinking



Problem
Solving

Read the story and discuss answers with peers.



Rohan was studying for his test. He was working hard as he wanted to give his best. During bedtime, Rohan's heart started beating fast. He could not sleep.



1. What is happening with Rohan?
2. What can Rohan do to feel better?

Grey Matter Workout



Experiential
Learning



Global
Awareness



Identification
of Emotions

Activity

Riddles Riddles

The purpose of the 'Riddles Riddles' activity is to help you name emotions better. Get into groups of 3 to 4.

Requirements: Colours

Instructions:

Read the riddles one by one with the instructor. Discuss with your partner and colour the correct emotion.



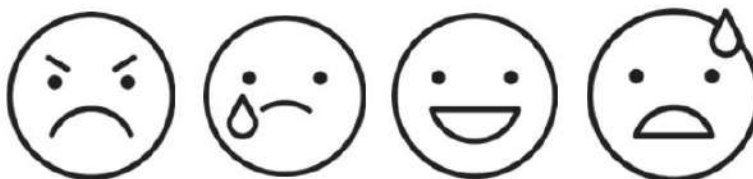
1) Rohit's little brother could not get lunch at school because there was not enough food. How will Rohit feel?



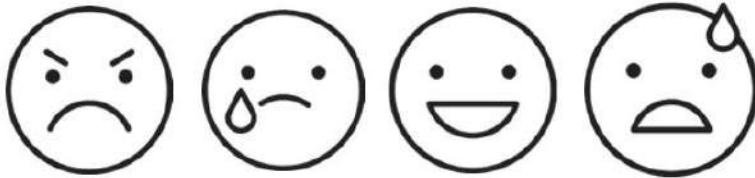
2) Shreya learned that some of her neighbours got sick from drinking dirty water. How will Shreya feel?



3) After years of waiting, Anil's family moved to a new, beautiful home. How is Anil feeling?



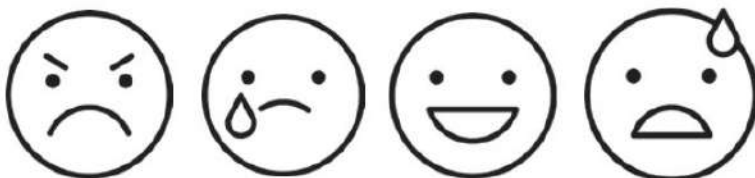
4) Sarthak's family cannot pay for trips or vacations. How will Sarthak feel?



5) Lilly's grandfather could not go to the doctor after falling sick. How is Lilly feeling?



6) Tanu's village now has solar panels. They have electricity all day long. How is Tanu feeling?



Feeling Check-In: Focus on your breath for a few minutes. Notice two things you can hear, smell, and touch. Colour or draw the emotions you feel.