

The background of the page is white, decorated with several large, vibrant paint splashes in various colors: purple, green, yellow, cyan, and pink. Each splash has a central circular area with radiating, irregular edges, giving it a dynamic, artistic feel. The word "Inglés" is centered in a black, cursive script font.

Inglés

JOY @rincadelacalma

SURPRISE @rincadelacalma

Disgust @rincadelacalma

Fear @rincadelacalma

Anger @rincadelacalma

SADNESS @rincadelacalma

WHEN CAN IT APPEAR?



When something nice happens to us, or when we see someone we care about being happy. We achieve a goal or an objective, we remember, see or hear something that makes us feel good..

WHAT SENSATIONS CAN WE HAVE?

Your pulse accelerates

You feel like jumping, running, dancing..

Motivation

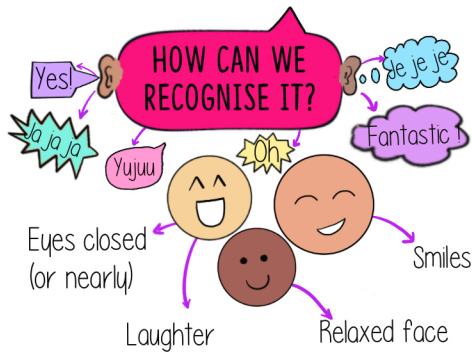
Energy



JOY

@rincondelacafma

HOW CAN WE RECOGNISE IT?



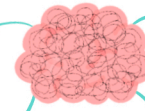
WHAT CAN WE DO WHEN IT'S TOO BIG?

Breathe

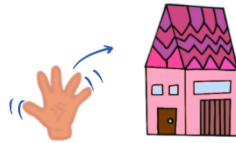
Share it with a friend

Draw or write down your reasons to smiles

Use a mindful minute

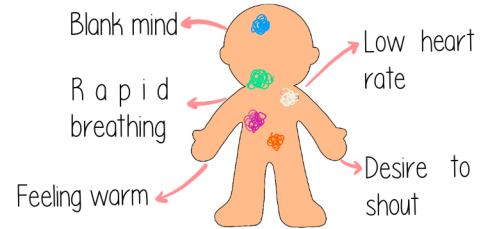


## WHEN CAN IT APPEAR?



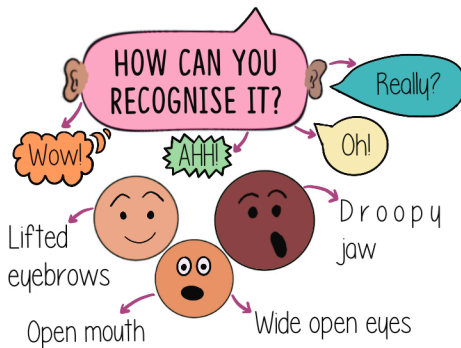
When something new or unexpected happens (for example when we find something that was hidden, someone visits us at home without previously advising, etc.) It helps us know what to do in an unknown situation. The emotion can come fast and it can be accompanied with another one (joy, fear..).

## WHAT SENSATIONS CAN WE HAVE?

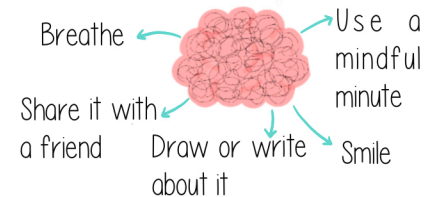


# SURPRISE

## HOW CAN YOU RECOGNISE IT?



## WHAT CAN WE DO WHEN IT'S TOO BIG?



@rincondelacalma



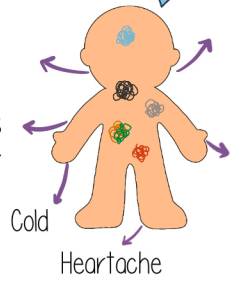
WHEN CAN IT APPEAR ?



When something doesn't come out as we expect. We lose something or someone we love, when we experience something that hurts us or that is unpleasant.

WHAT SENSATIONS CAN WE HAVE?

Little strength to talk or move  
Appetite changes (very hungry or not hungry at all)



Rapid breathing and pulse  
Wanting to be alone

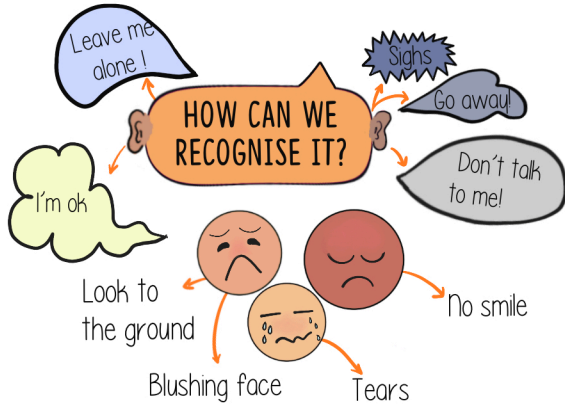
Cold

Heartache

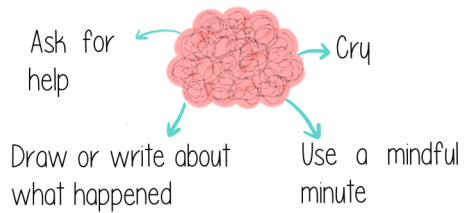
# SADNESS

@rincondelacalma

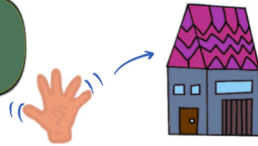
HOW CAN WE RECOGNISE IT?



WHAT CAN WE DO WHEN IT'S TOO BIG?

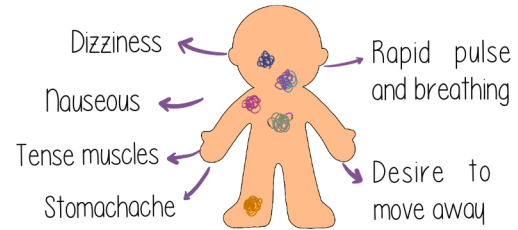


WHEN CAN IT APPEAR ?



When something dangerous, annoying or unpleasant happens. It protects us from substances, objects and situations that are dangerous for us, it can prevent us from getting infected from diseases, or can help us to get away from something we don't like. For example rotten food, strong smells, some animals or viscous substances, nasty or unpleasant ideas that are different to ours, etc.

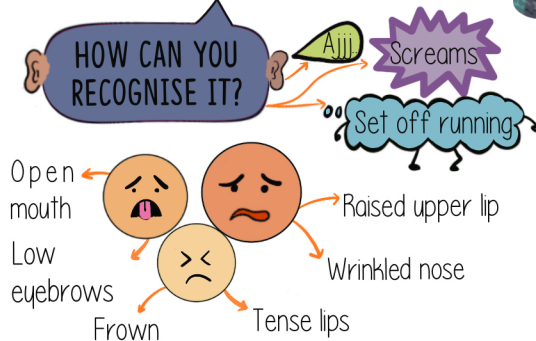
WHAT SENSATIONS CAN WE HAVE?



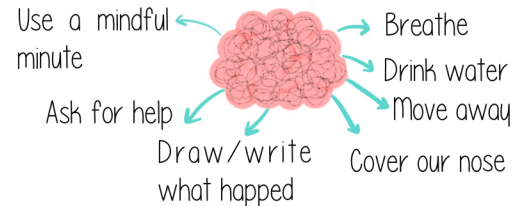
# Disgust

@rincondelacalma

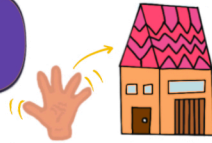
HOW CAN YOU RECOGNISE IT?



WHAT CAN WE DO WHEN IT'S TOO BIG?

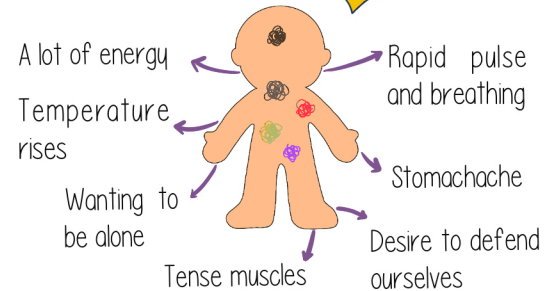


## WHEN CAN IT APPEAR?



Anger can prepare us and give us strength to defend ourselves from danger. For example when something doesn't happen the way we would have liked it to, it's unpleasant, it hurts us, it seems unfair to us or when someone doesn't treat us the way we think we deserve. Depending on it's intensity it can be annoyance, anger, rage, fury, etc.

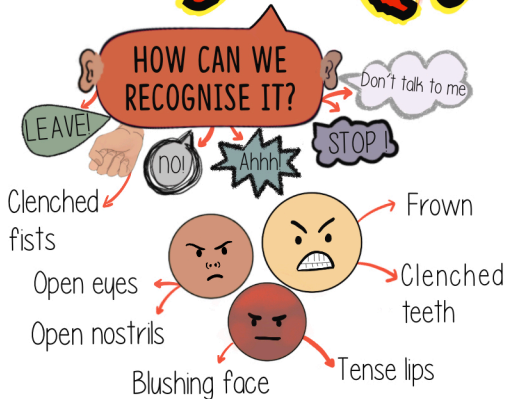
## WHAT SENSATIONS CAN WE HAVE?



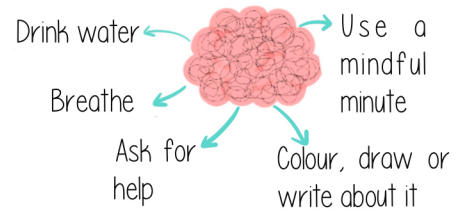
# Anger

@rincondelacalma

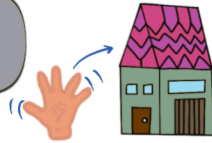
## HOW CAN WE RECOGNISE IT?



## WHAT CAN WE DO WHEN IT'S TOO BIG?

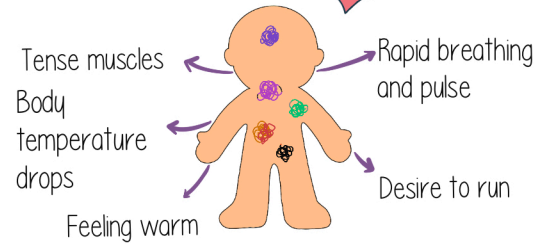


WHEN CAN IT APPEAR?



When you are in a dangerous situation or when we see others being scared. Fear helps us react to be able to escape or be prepared to defend ourselves. But sometimes, even when there is no apparent reason to be afraid, our body keeps preparing itself (this is called anxiety).

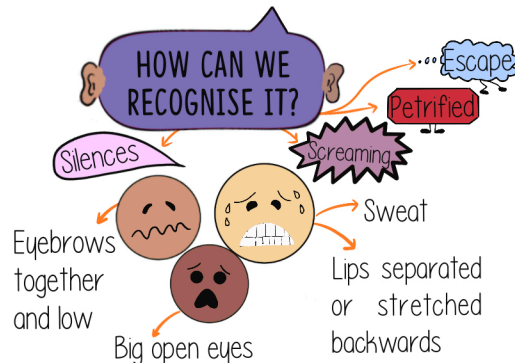
WHAT SENSATIONS CAN WE HAVE?



# Fear

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HOW CAN WE RECOGNISE IT?



WHAT CAN WE DO WHEN IT'S TOO BIG?

