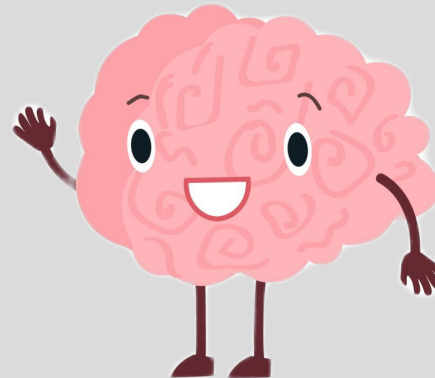
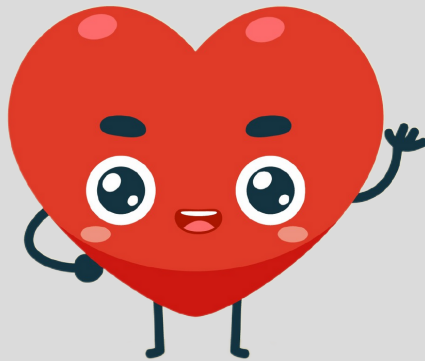


# How do you feel?

*The story of Hearty and Brainy*

2nd Issue



EQstudents  
Emotional Intelligence  
The mind that feels



Co-funded by  
the European Union



**Project No: 2021-1-PL01-KA220-SCH-000029785**

## Project Partners:



**Polska Fundacja Ośrodków  
Wspomagania Rozwoju Gospodarczego  
„OIC Poland” w Lublinie**



**CENTRE FOR COMPETENCE  
DEVELOPMENT CYPRUS**



**ASOCIAȚIA DE  
TERAPIE  
FAMILIALĂ ȘI DE  
CUPLU  
TIMIȘOARA**



**Szkoła Podstawowa nr 38  
im. Henryka Sienkiewicza  
w Lublinie**

## Credits:

Hearty pictures: designed by DrawingMyDiary – Freepik.com

Brainy pictures: Nataliia Darmoroz / Alamy Stock Vector

School Playground Background: image by brgfx – Freepik.com



**Hey, Brainy!  
What's up?**

**Hi! I'm great! Now, that the  
school year is moving towards  
its end, I feel relaxed!**



**That's so nice to  
hear!**

**I know! Thanks so much for  
helping me that other time.  
Now, tell me about you!**



**I feel a little weird when I think that I won't be able to see my friends every day.**

**Well, it's true that we won't see all our friends every day, but let's think of how this makes us feel. This way, it will be easier for us to handle.**



**I would say I feel a bit nervous but also sad.**

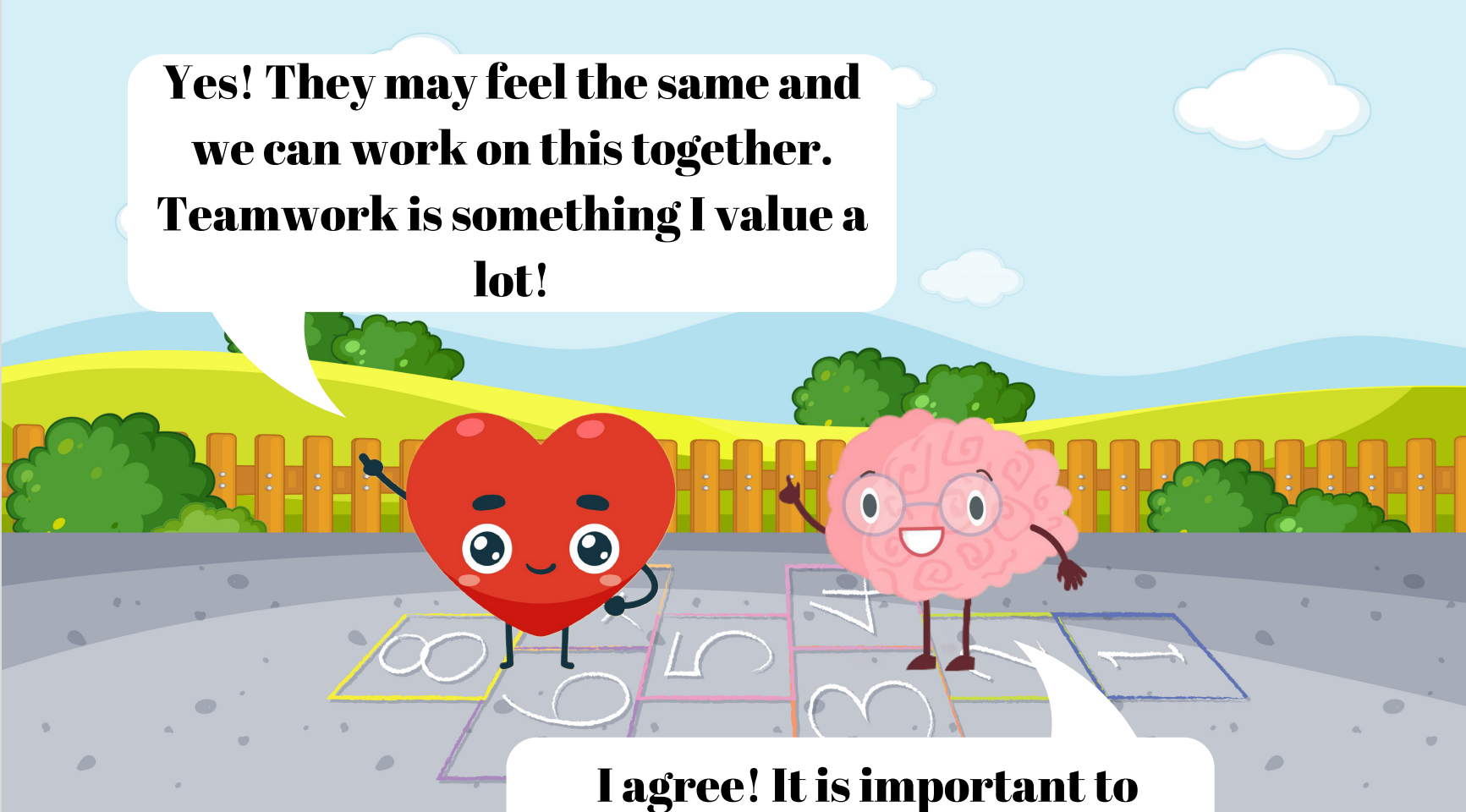
**Now, that the way you feel is clear, we can think of ways to help you feel better!**



**That's a great idea,  
Brainy! Tell me more!**

**You can start by  
sharing what you feel  
with your friends.**





**Yes! They may feel the same and  
we can work on this together.  
Teamwork is something I value a  
lot!**

**I agree! It is important to  
know what our values are and  
to respect them, too.**



**You're right! Friendship is another important value for me. That's why the idea of not seeing my friends makes me nervous.**

**That's true. You can always arrange to meet your friends during the holidays!**



**Yeah! We'll even be able to spend quality time together this way!**

**See? You've figured everything out, Hearty!**

**This would have never been possible without your help, Brainy! Thank you! I feel much better now.**

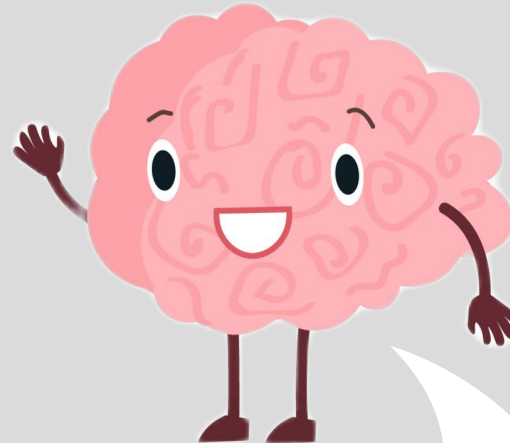


**Anytime, Hearty. We are a great team, after all!**

**To be continued...**



**Hey! Can you name three  
of your personal values?**



**How do you feel when these values  
are threatened?  
Stop for a moment and think.  
See you next time!**

