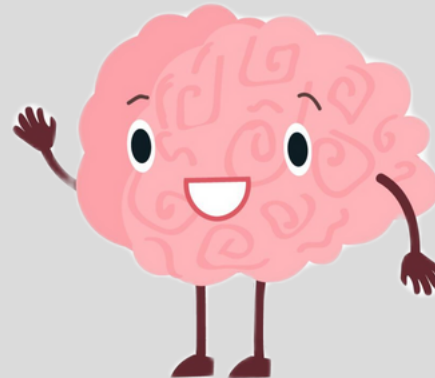
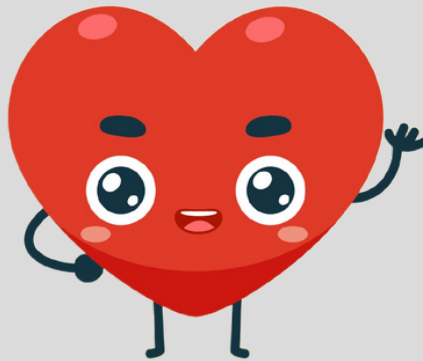


# How do you feel?

*The story of Hearty and Brainy*

3rd Issue



EQstudents  
Emotional Intelligence  
The mind that feels



Co-funded by  
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## Project Partners:



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„OIC Poland” w Lublinie



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TIMIȘOARA



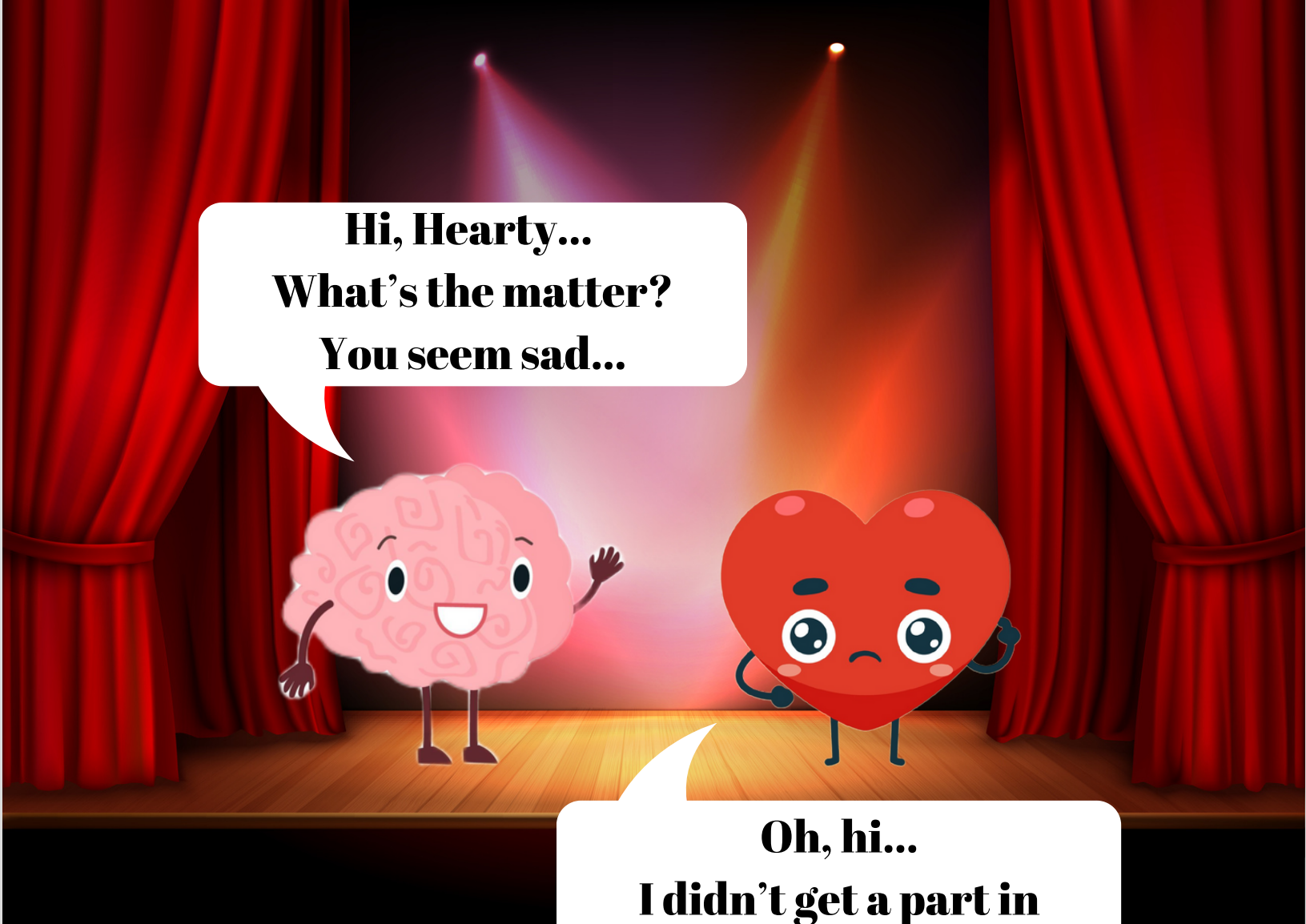
Szkoła Podstawowa nr 38  
im. Henryka Sienkiewicza  
w Lublinie

## Credits:

Hearty pictures: designed by DrawingMyDiary – Freepik.com

Brainy pictures: Nataliia Darmoroz / Alamy Stock Vector

School Theatre Background: image by macrovector – Freepik.com

A cartoon brain and a sad cartoon heart are on a stage. The brain is on the left, smiling and waving. The heart is on the right, looking sad. They are on a wooden stage with red curtains and spotlights.

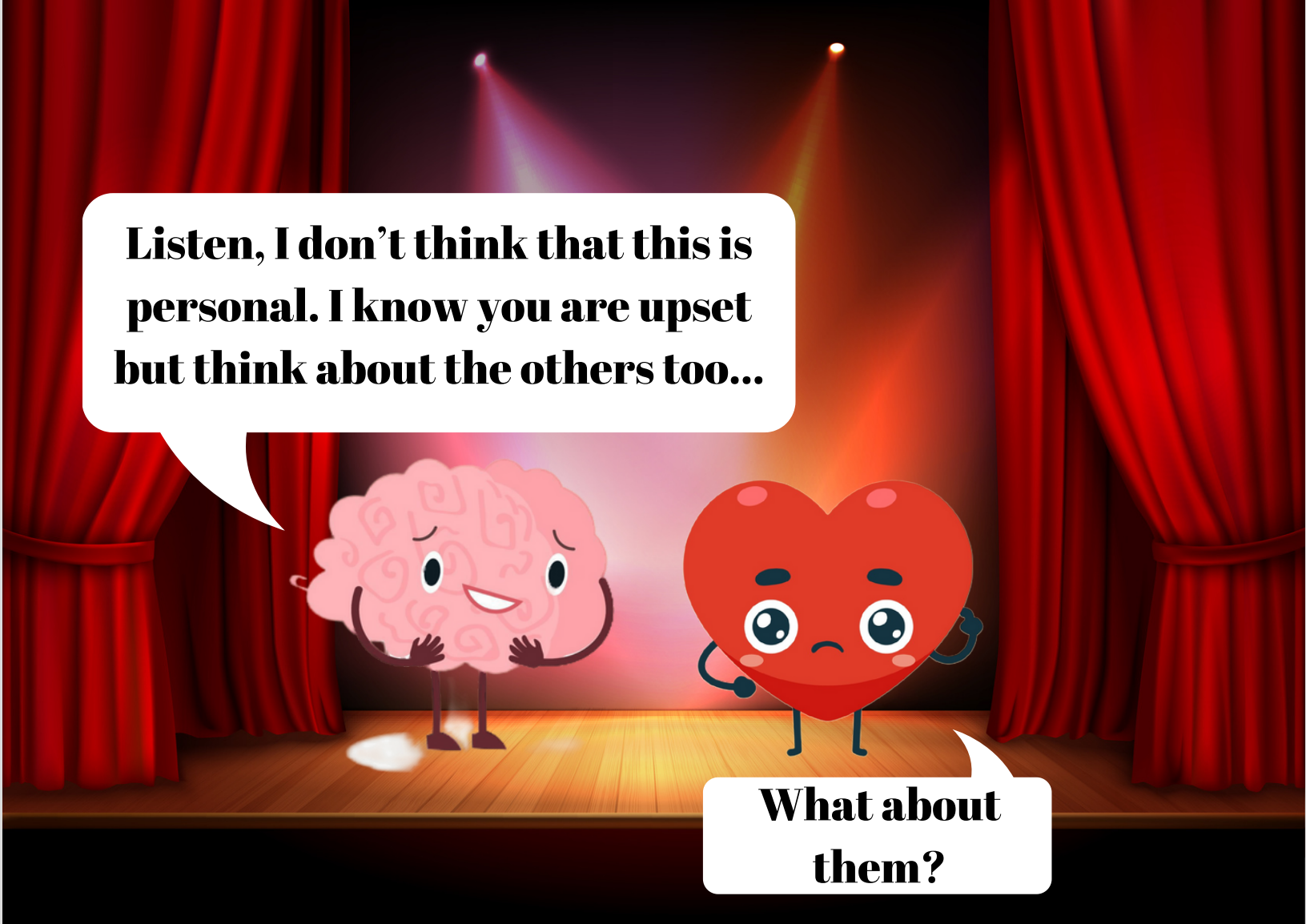
**Hi, Hearty...  
What's the matter?  
You seem sad...**

**Oh, hi...  
I didn't get a part in  
the school play.**



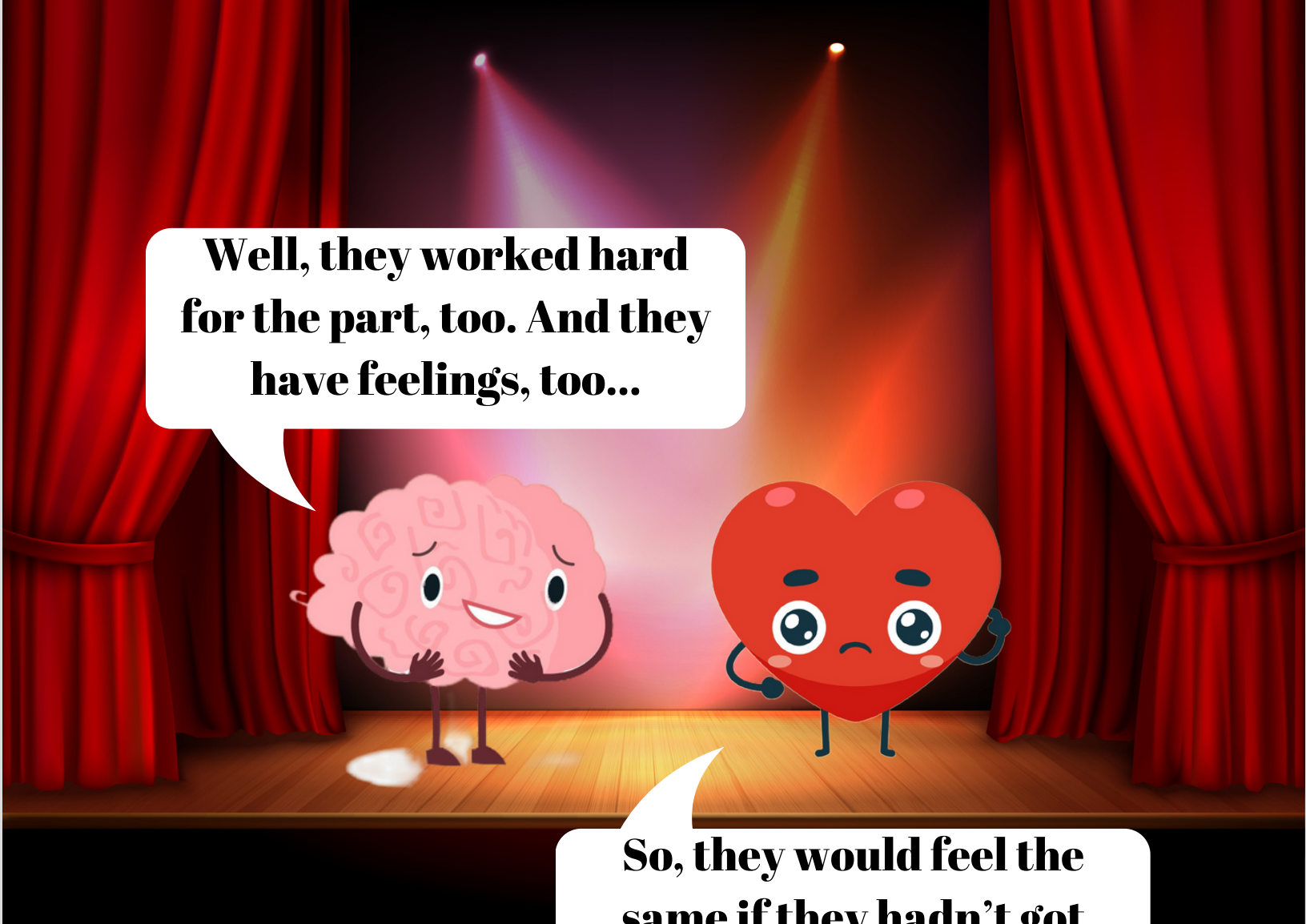
**I'm so surprised to hear that! I know how much you've worked for it.**

**Well, I was very disappointed. How could they do this to me?**



**Listen, I don't think that this is personal. I know you are upset but think about the others too...**

**What about them?**



**Well, they worked hard  
for the part, too. And they  
have feelings, too...**

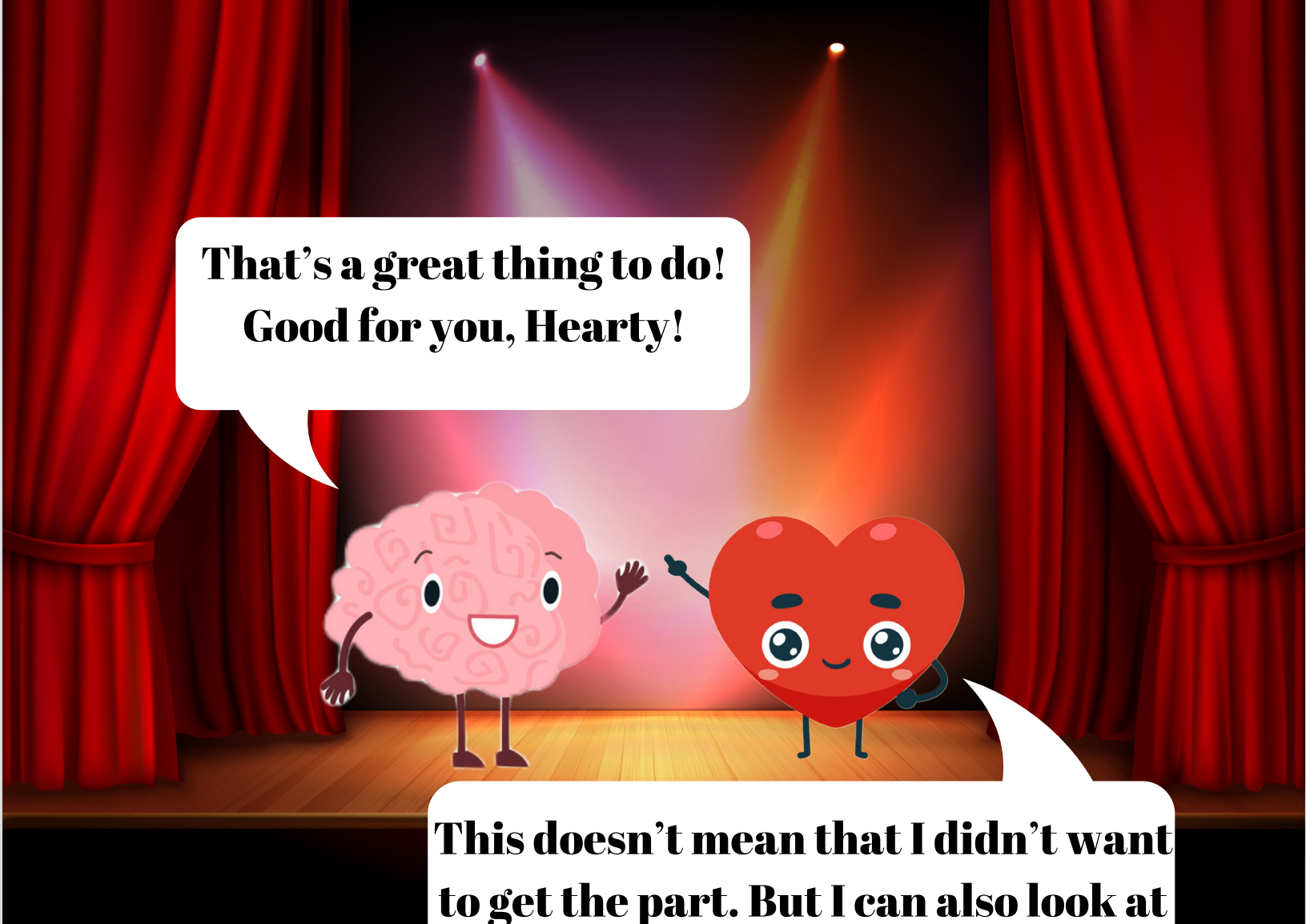
**So, they would feel the  
same if they hadn't got  
the part.**

A cartoon brain and a cartoon heart are on a stage. The brain is on the left, smiling with its hands on its cheeks. The heart is on the right, pointing towards the brain. The stage is lit with spotlights, and there are red curtains on either side.

**That's right! And they  
didn't mean to hurt you.**

**You're right, Brainy. I  
should congratulate  
everyone.**



A cartoon illustration of a pink brain and a red heart standing on a wooden stage. The brain is on the left, smiling and waving. The heart is on the right, also smiling and waving. They are both looking towards each other. The stage is lit with two spotlights from above, one purple and one yellow. Red curtains are visible on either side of the stage.

**That's a great thing to do!  
Good for you, Hearty!**

**This doesn't mean that I didn't want  
to get the part. But I can also look at  
it from other people's perspectives.**

A cartoon illustration of a pink brain and a red heart standing on a wooden stage. The brain is on the left, smiling and waving. The heart is on the right, also smiling and pointing towards the brain. They are surrounded by red curtains and spotlights. A white speech bubble is positioned above the brain, and another white speech bubble is positioned below the heart.

**So how are you feeling now that  
you've taken another  
perspective into consideration?**

**Much better! Looking at the  
bigger picture helped me calm  
down a bit.**



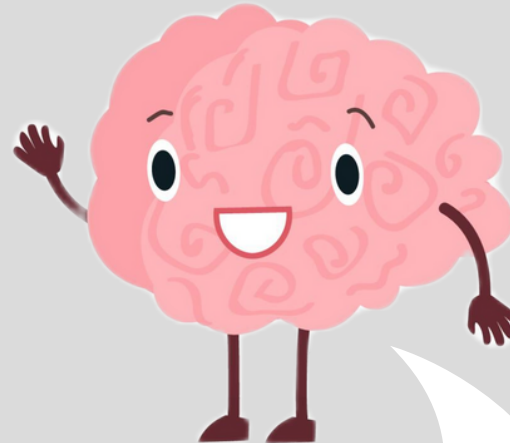
**Thank you for always  
showing concern for the  
feelings of others, Brainy!**

**You know you can count  
on me for that, Hearty!**

**To be continued...**



**Hey! Can you think of a time when you were upset but took the perspective of others into consideration?**



**Did you demonstrate empathy and compassion?  
Stop for a moment and think.  
See you next time!**

