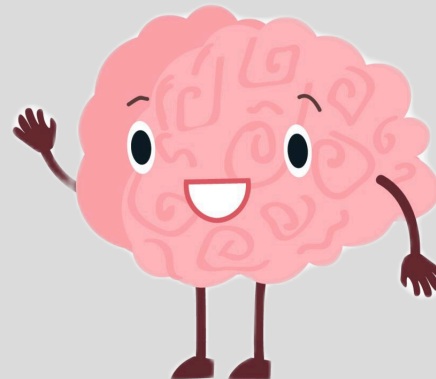
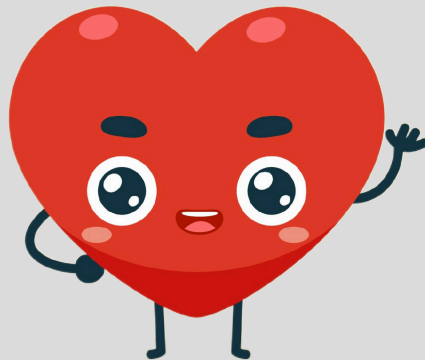


# How do you feel?

*The story of Hearty and Brainy*

5th Issue



EQstudents  
Emotional Intelligence  
The mind that feels



Co-funded by  
the European Union





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the European Union

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## Project Partners:



Polska Fundacja Ośrodków  
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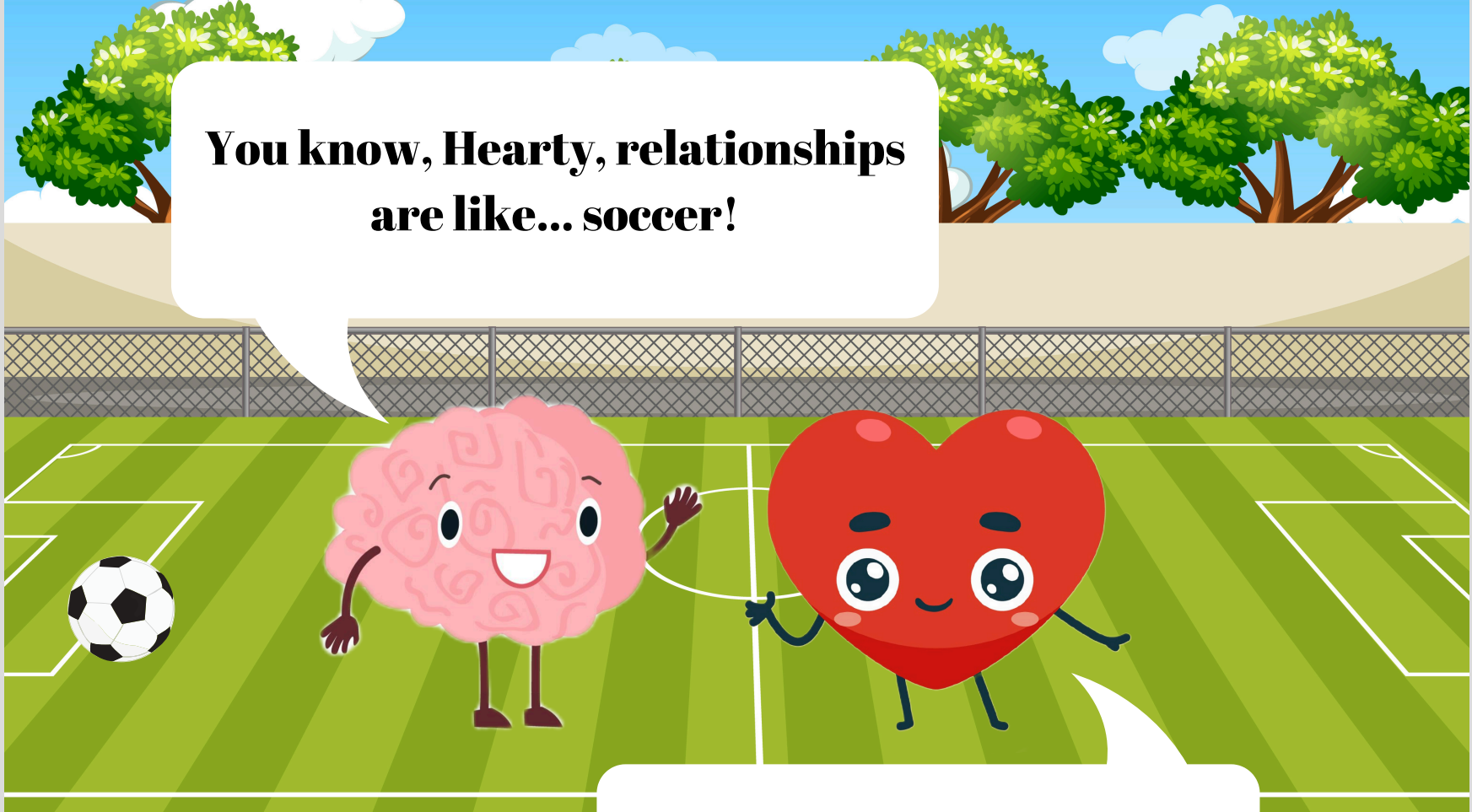
Szkola Podstawowa nr 38  
im. Henryka Sienkiewicza  
w Lublinie

## Credits:

Hearty pictures: designed by DrawingMyDiary – Freepik.com

Brainy pictures: Nataliia Darmoroz / Alamy Stock Vector

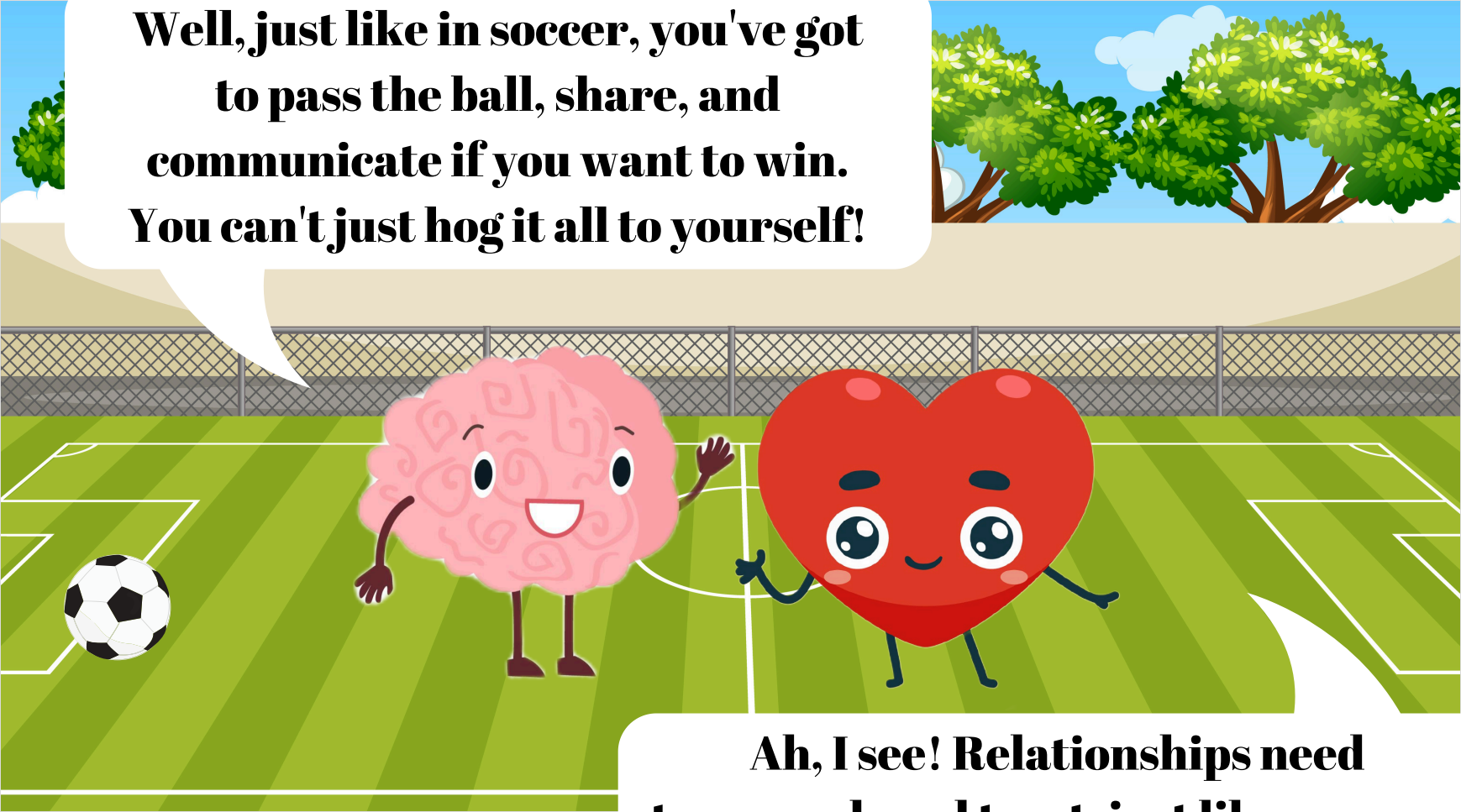
Soccer Field Background: image by brgfx – Freepik.com



**You know, Hearty, relationships  
are like... soccer!**

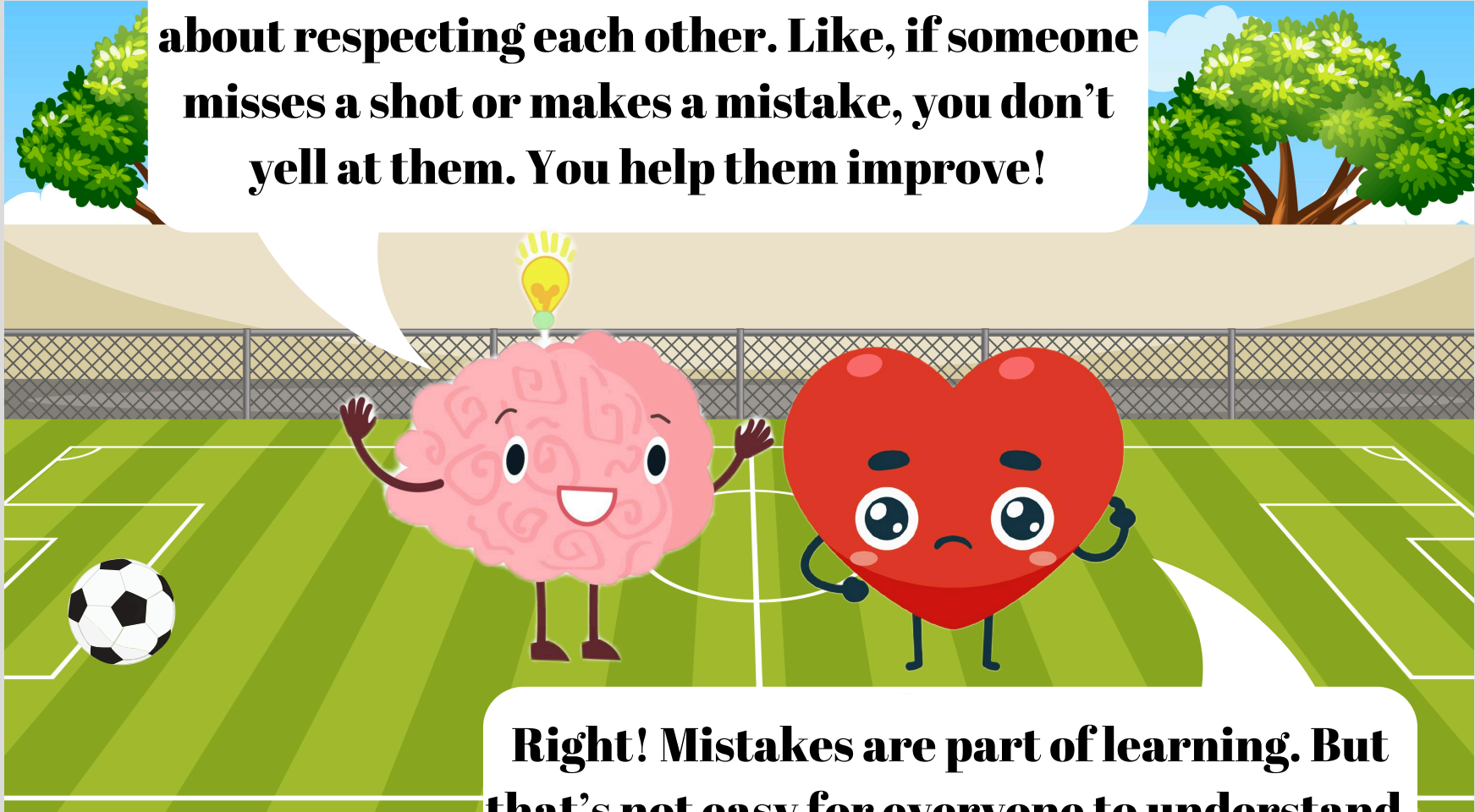
**Soccer? Interesting analogy,  
Brainy. How so?**





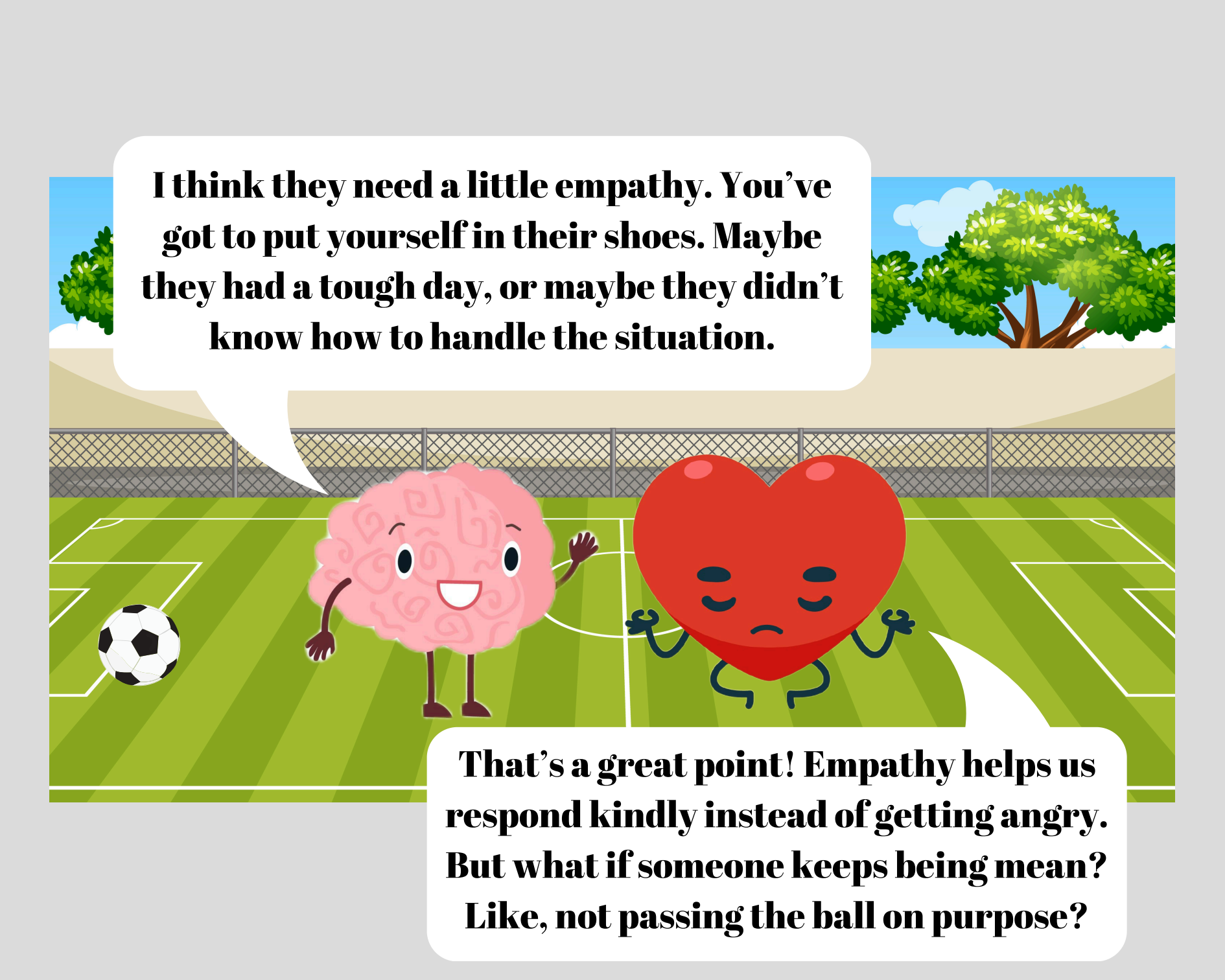
**Well, just like in soccer, you've got to pass the ball, share, and communicate if you want to win. You can't just hog it all to yourself!**

**Ah, I see! Relationships need teamwork and trust, just like a soccer team. If everyone works together, it's more fun—and stronger.**



**Exactly! But it's not just about winning. It's about respecting each other. Like, if someone misses a shot or makes a mistake, you don't yell at them. You help them improve!**

**Right! Mistakes are part of learning. But that's not easy for everyone to understand. Sometimes people can be quick to judge. What should they do then?**



**I think they need a little empathy. You've got to put yourself in their shoes. Maybe they had a tough day, or maybe they didn't know how to handle the situation.**

**That's a great point! Empathy helps us respond kindly instead of getting angry. But what if someone keeps being mean? Like, not passing the ball on purpose?**



**Hmm, well, that's where boundaries come in. You've got to be clear when something's not okay. You can say, "Hey, I don't like how that feels. Can we work together better?"**

**So, in short, successful relationships are about communication, empathy, and setting boundaries. Just like any good soccer team, you've got to work on these skills to improve.**





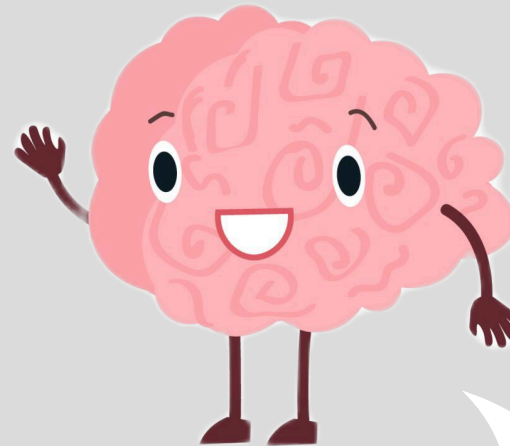
**Yep! And the best part? With  
practice, everyone gets better!  
Let's play the game and pass it on!**

**Absolutely!  
Let's do it!**

**To be continued...**



**Hey! Can you think of a time when  
you put yourself in somebody else's  
shoes?**



**Stop for a moment and think.  
See you next time!**

