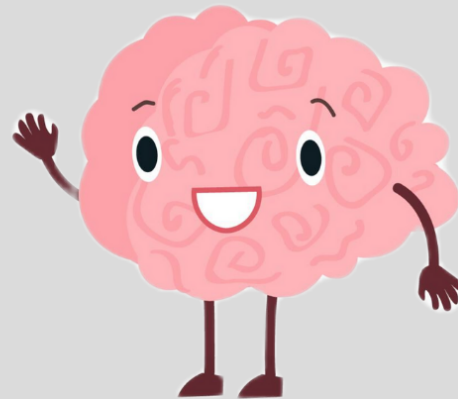
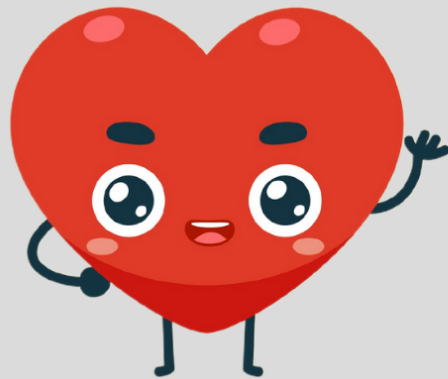


How do you feel?

The story of Hearty and Brainy

1st 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

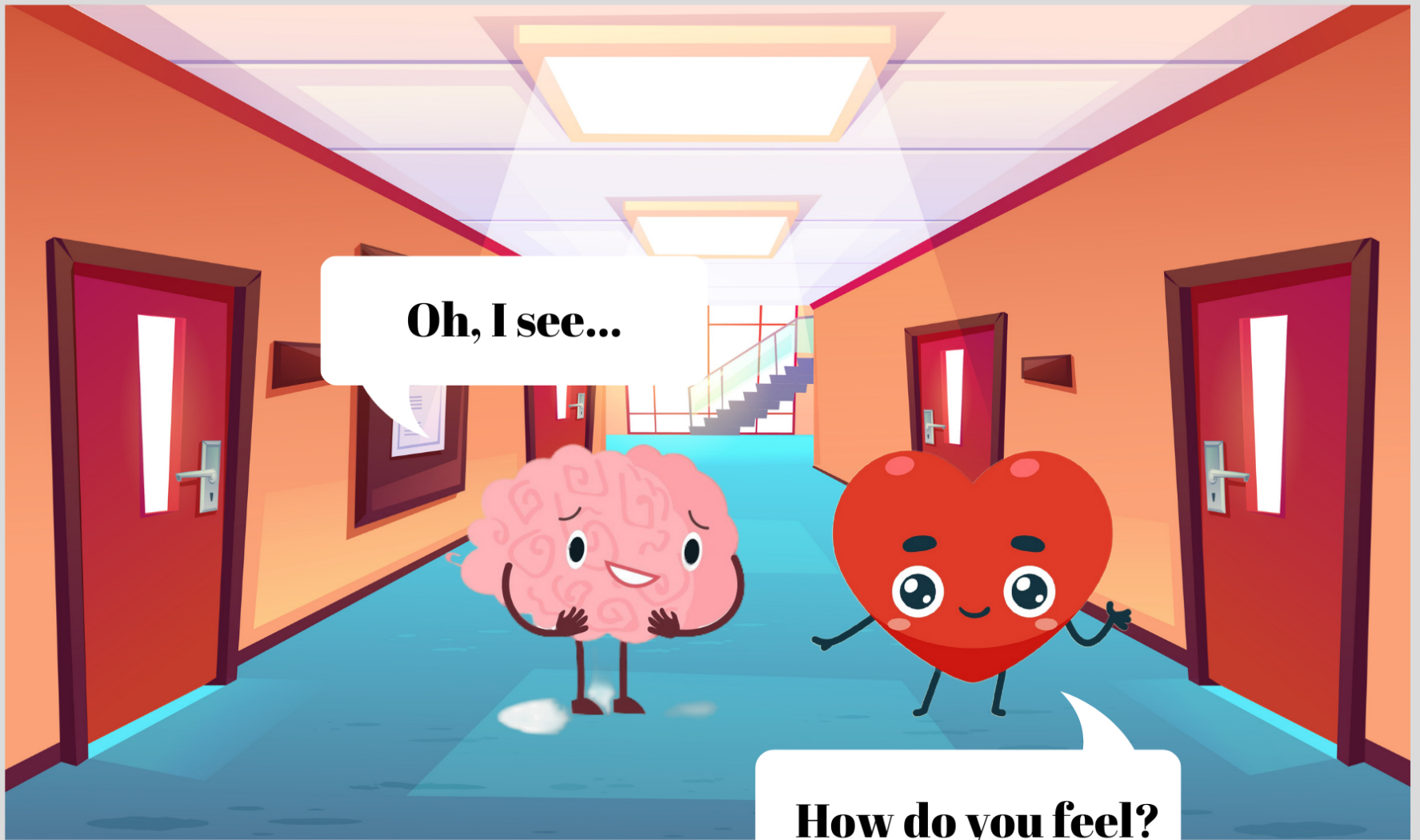
Brainy pictures: Nataliia Darmoroz / Alamy Stock Vector

School Hallway Background: designed by Upklyak – Freepik.com



**Hey, Hearty!
How are you feeling
today?**

**Well, it's the beginning of the
school year so I feel excited and
enthusiastic and yet overwhelmed
and nervous...**



Oh, I see...

How do you feel?

Well, I am a bit stressed, thinking of all the homework.

Well, it's a good thing that you know exactly what makes you feel stressed! This way you can try and control it!

A cartoon illustration of a school hallway with orange walls and blue carpet. Two anthropomorphic characters, a pink brain and a red heart, are standing in the hallway. The brain is on the left, smiling and clapping its hands. The heart is on the right, also smiling and clapping its hands. In the background, there are two red doors with silver handles and a staircase with a blue railing. A large white speech bubble is positioned above the brain, and a smaller white speech bubble is positioned below the heart.

You're right! We also have fun at school! Thinking of all the amazing activities and field trips makes me excited!

That's great, Brainy!

A cartoon illustration of a pink brain and a red heart standing in a hallway. The brain is on the left, wearing a small yellow lightbulb on its head, and has its arms raised. The heart is on the right, also with its arms raised. They are both smiling. The hallway has orange walls, blue carpet, and two red doors. A staircase is visible in the background.

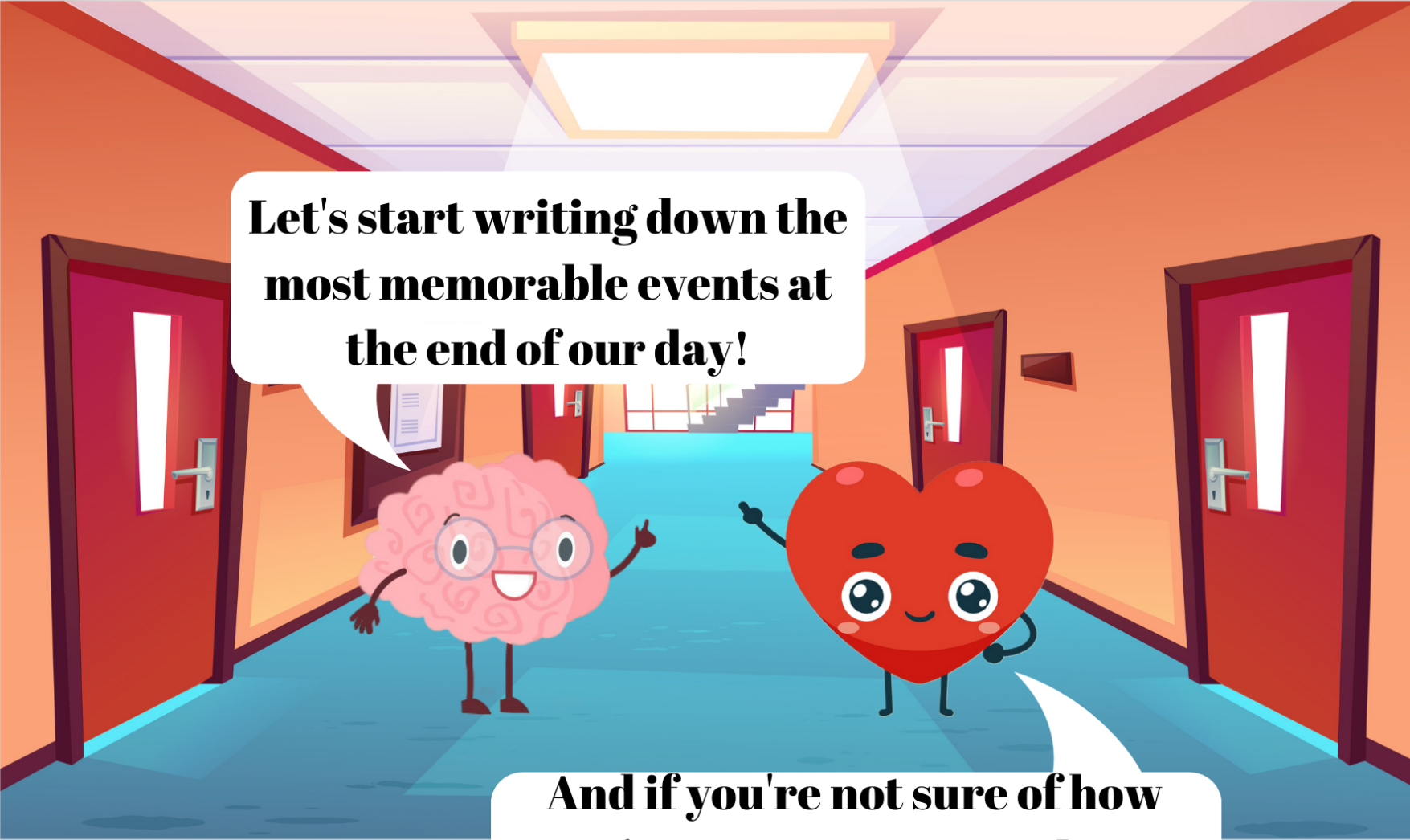
**Well, I have an idea!
Let's think of ways to control
over our stress.**

**That's a great
idea, Brainy!**

A cartoon illustration of a hallway with orange walls and blue carpet. On the left, a pink brain character with glasses and a smile stands with its arms outstretched. On the right, a red heart character with a smile and small arms stands with one arm pointing towards the brain. In the background, there are red doors, a staircase, and a bright light source at the end of the hallway. A speech bubble from the brain contains the text:

We should remember to show ourselves love and take care of our bodies.

Yes! And always remember to find things to be optimistic about and grateful for.



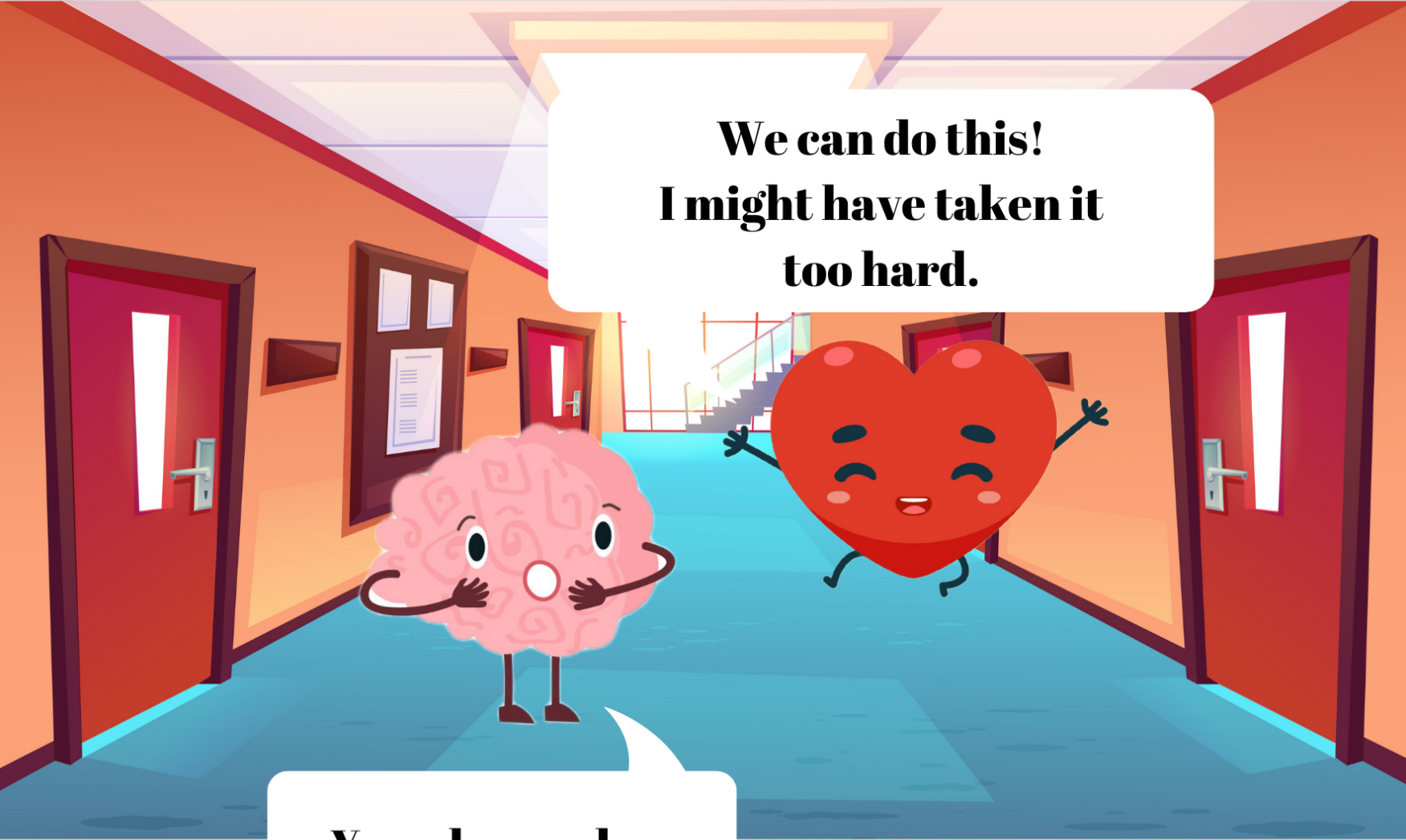
**Let's start writing down the
most memorable events at
the end of our day!**

**And if you're not sure of how
you've come across to others,
just ask me! I can be your honest
mirror!**



**It was so nice talking
to you, Hearty! I feel
much calmer now.**

**Yeah! So, we can have
fun, after all!**

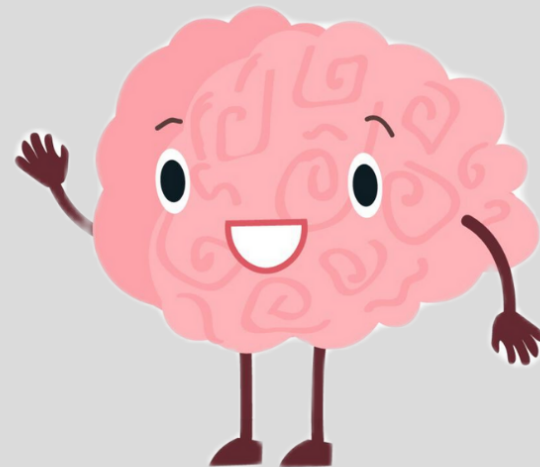


**We can do this!
I might have taken it
too hard.**

You always do...

To be continued...

**Hey! How do YOU feel
today?**



**Stop for a moment and
think.**

See you next time!



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.
Project number: 2021-1-PL01-KA220 -SCH-000029785

