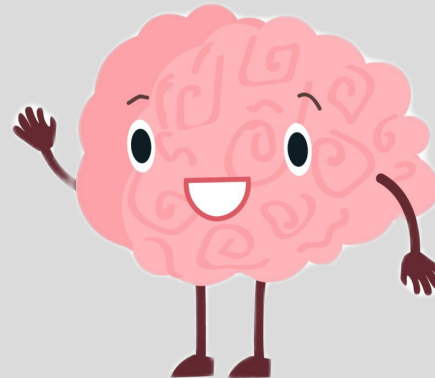
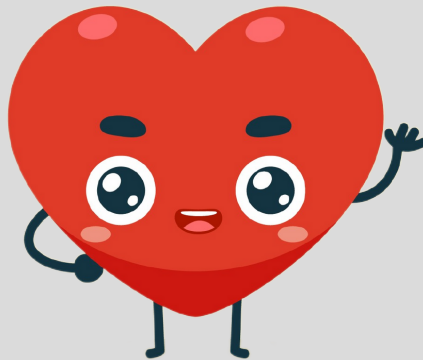


How do you feel?

The story of Hearty and Brainy

2nd Issue



EQstudents
Emotional Intelligence
The mind that feels



**Co-funded by
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**CENTRE FOR COMPETENCE
DEVELOPMENT CYPRUS**



**ASOCIAȚIA DE
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**OLYMPION
HIGH SCHOOL**



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

Credits:

Hearty pictures: designed by DrawingMyDiary – Freepik.com

Brainy pictures: Natalia 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!**

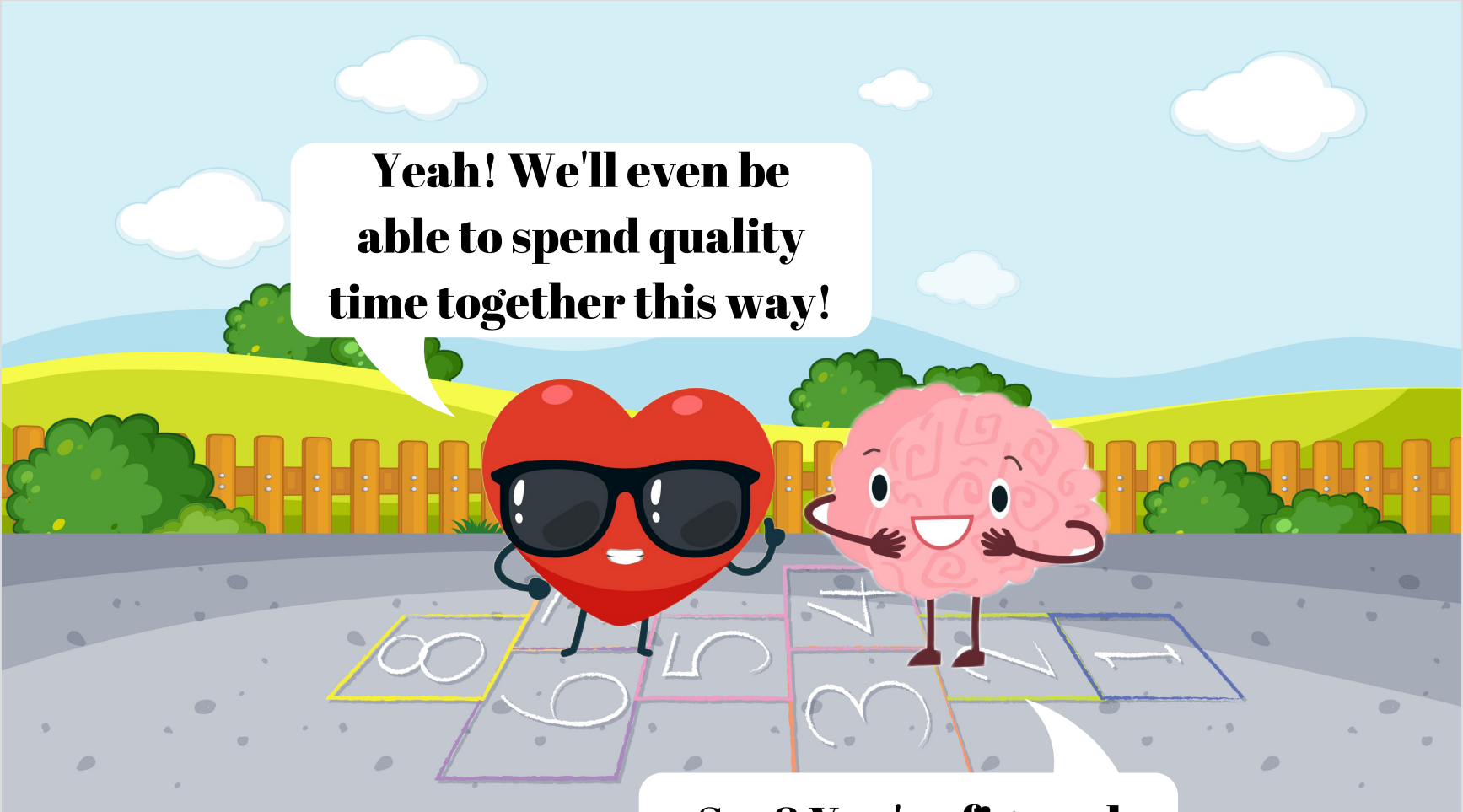


**I agree! It is important to
know what our values are and
to respect them, too.**



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!**

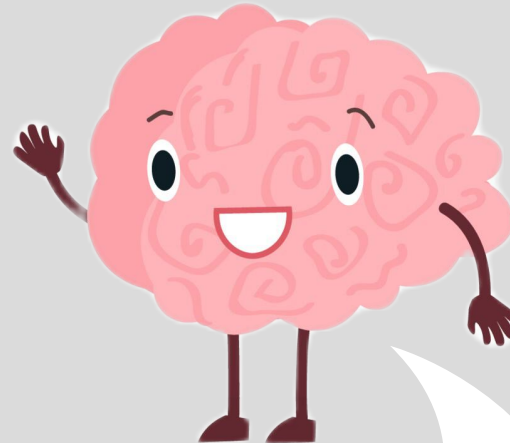
This would have never been possible without your help, Brainy! Thank you! I feel much better now.



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!**



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