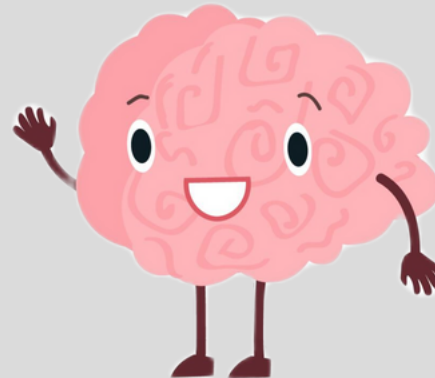
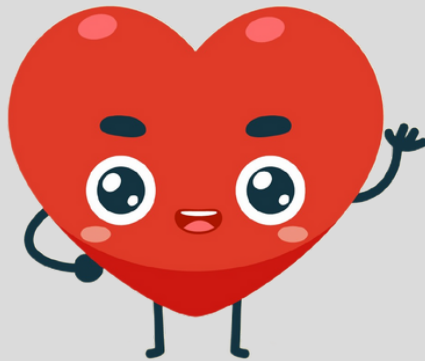


How do you feel?

The story of Hearty and Brainy

3rd Issue



EQstudents
Emotional Intelligence
The mind that feels



Co-funded by
the European Union



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



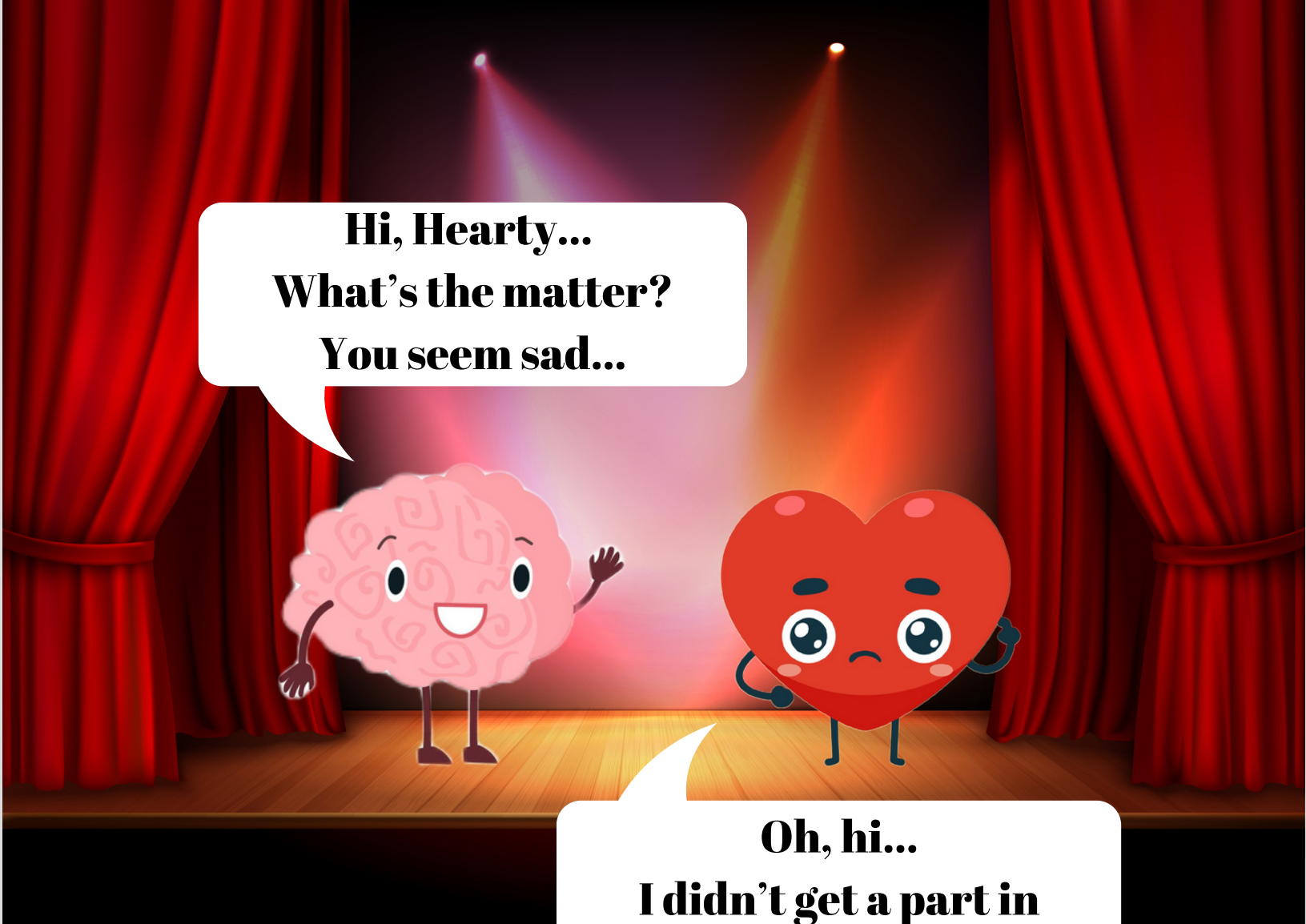
Szkola Podstawowa nr 38
im. Henryka Sienkiewicza
w Lublinie

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.

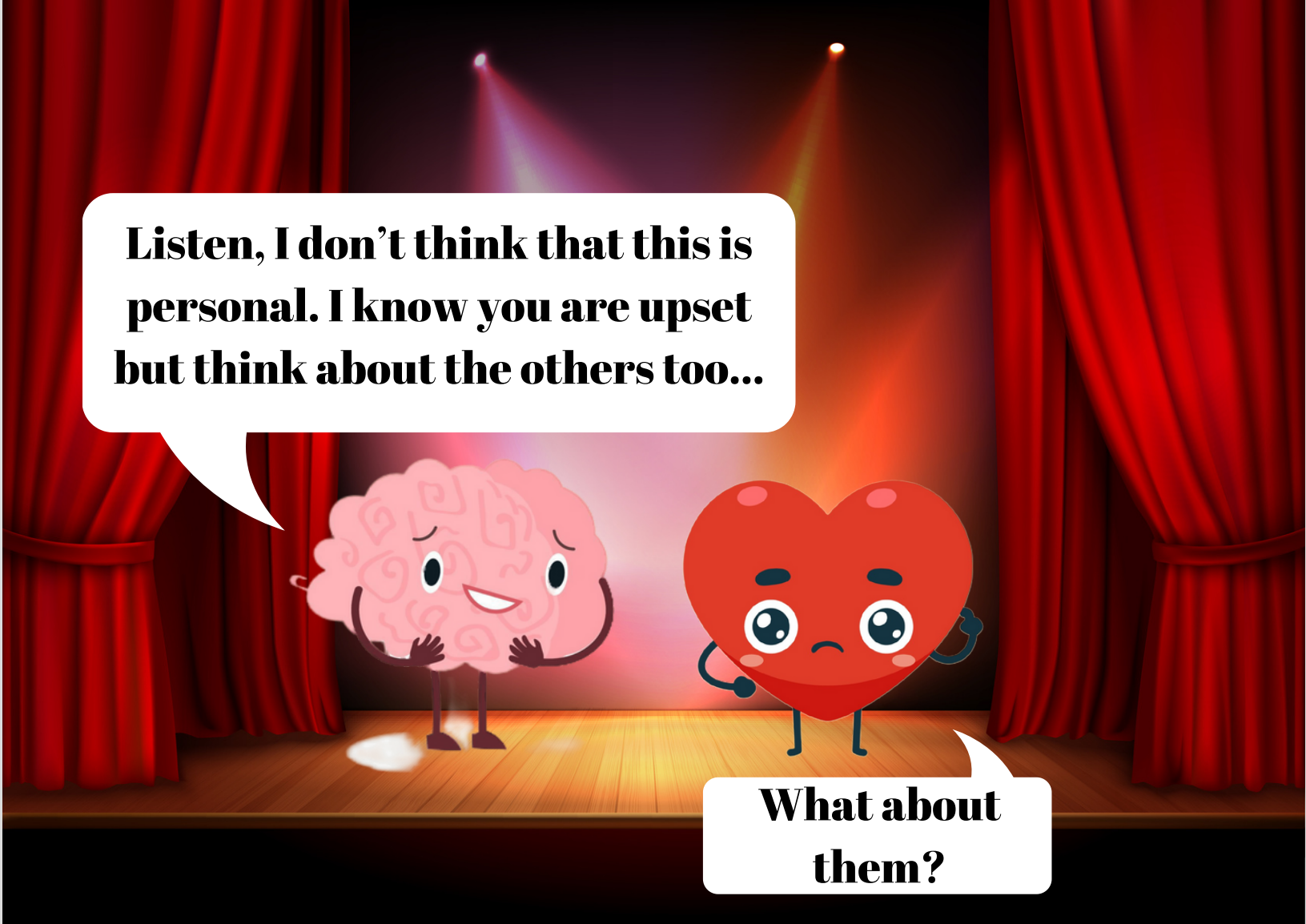
**Hi, Hearty...
What's the matter?
You seem sad...**

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



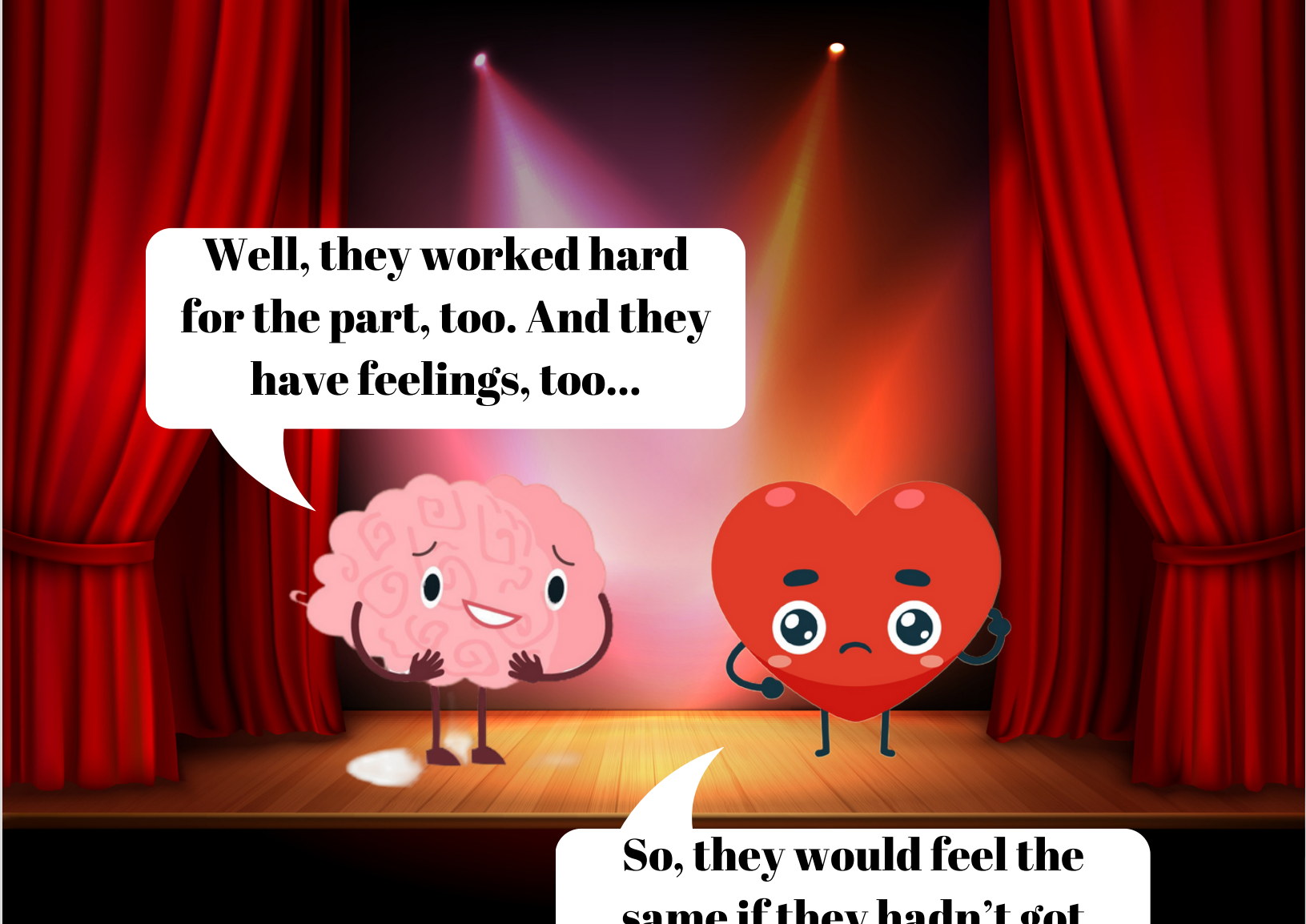
I'm so surprised to hear that! I know how much you've worked for it.

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...**

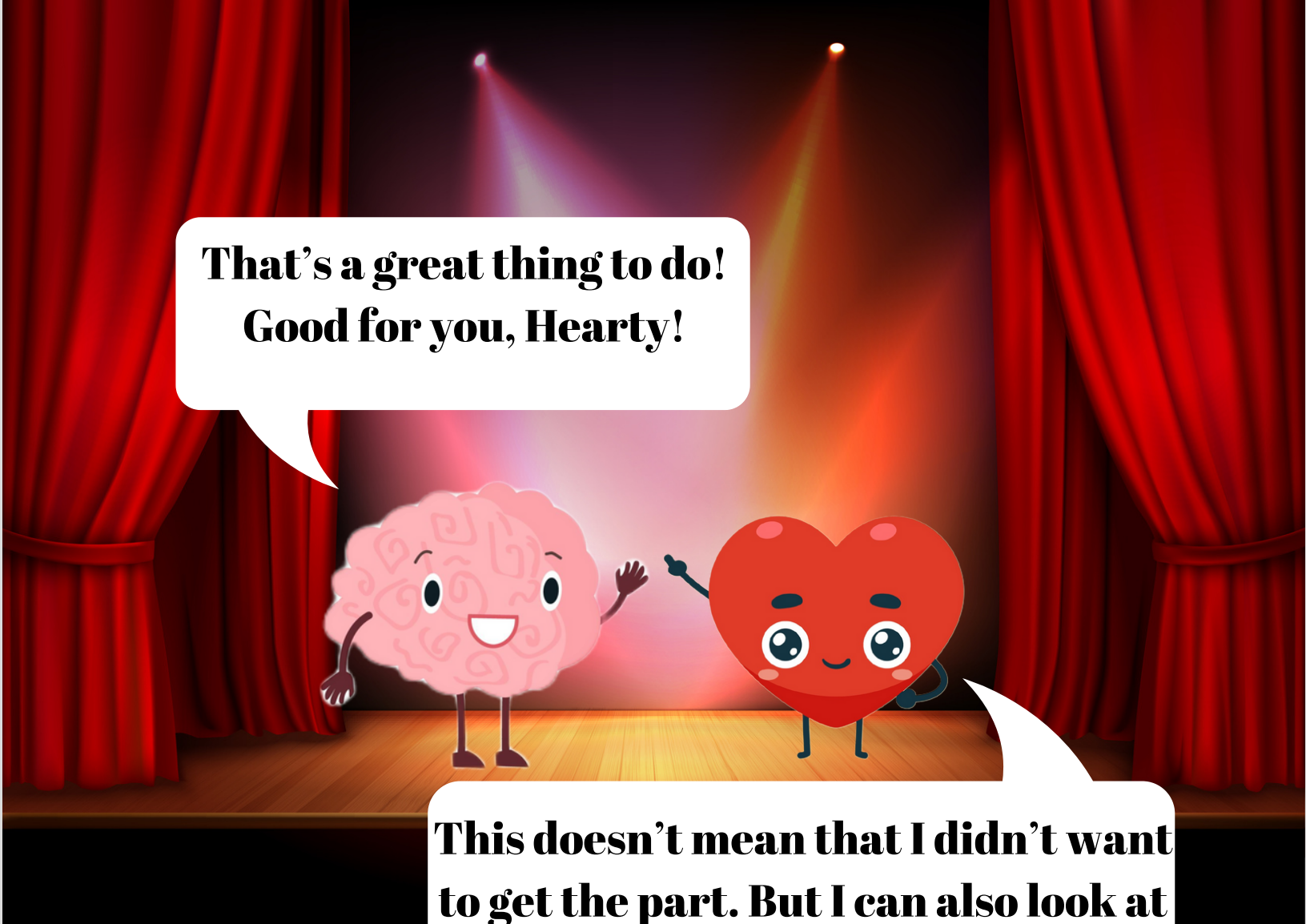
**So, they would feel the
same if they hadn't got
the part.**

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. They are on a wooden stage with red curtains on either side. Two spotlights are shining on them from above. A speech bubble is coming from the brain.

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

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. They are on a wooden stage with red curtains on either side. Two spotlights are shining on them from above. A speech bubble is coming from the heart.

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

A cartoon brain and heart are on a stage. The brain is on the left, smiling and waving. The heart is on the right, also smiling and waving. They are standing on a wooden stage with red curtains in the background. Two spotlights are shining on them. A speech bubble from the brain says, "That's a great thing to do! Good for you, Hearty!". A speech bubble from the heart says, "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."

**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.**

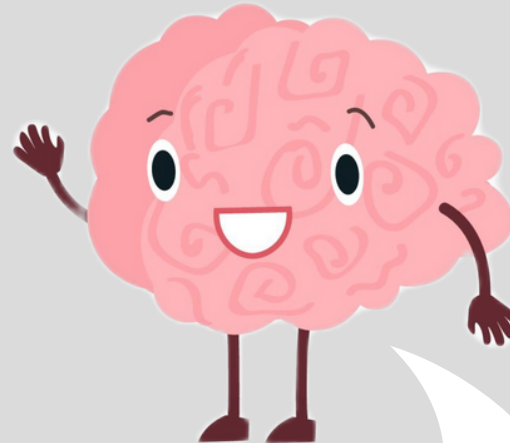


**Thank you for always
showing concern for the
feelings of others, Brainy!**

**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!**



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

