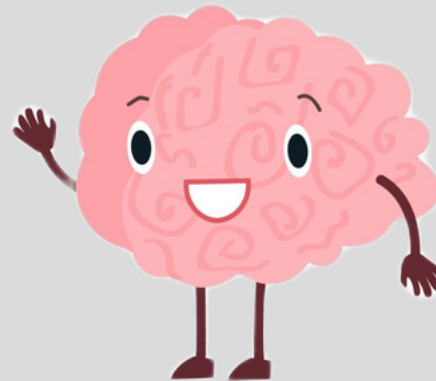


# How do you feel?

*The story of Hearty and Brainy*

4th 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  
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Szkola Podstawowa nr 38  
im. Henryka Sienkiewicza  
w Lublinie

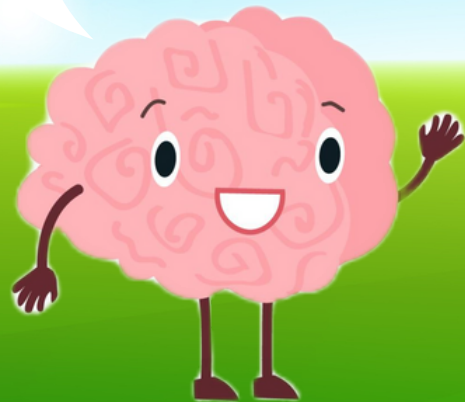
## Credits:

Hearty pictures: designed by DrawingMyDiary – Freepik.com

Brainy pictures: Nataliia Darmoroz / Alamy Stock Vector

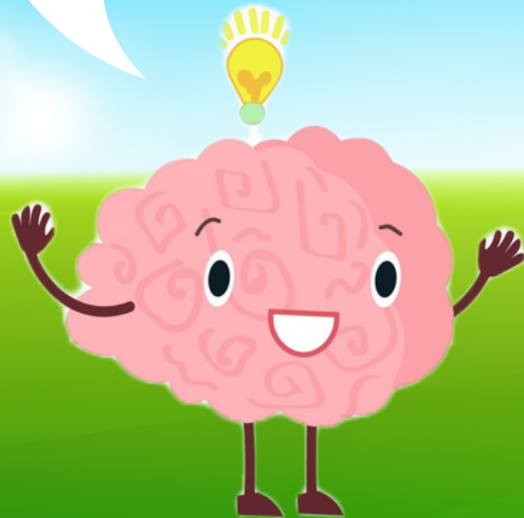
Spring Field Background: image by Zaie – Freepik.com

**Hearty, isn't it amazing how everything comes to life in spring? Look at all the flowers blooming!**



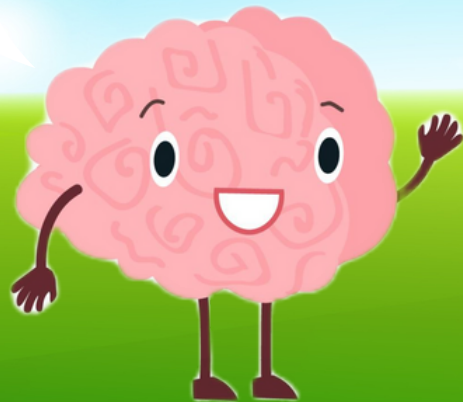
**Yeah, it's like the whole world is waking up from a long nap. I love it!**

**You know, springtime  
reminds me of something  
important.**



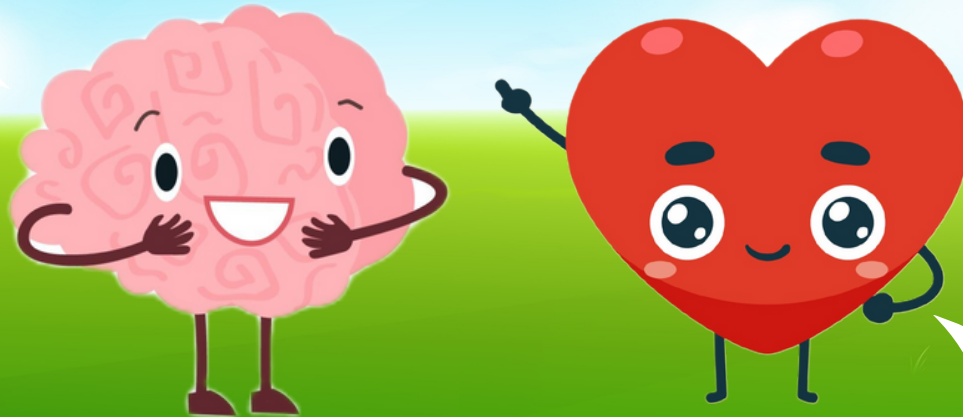
**What's that,  
Brainy?**

**Well, it's about being aware of how we treat nature and the creatures that live in it. That's called social awareness, right?**



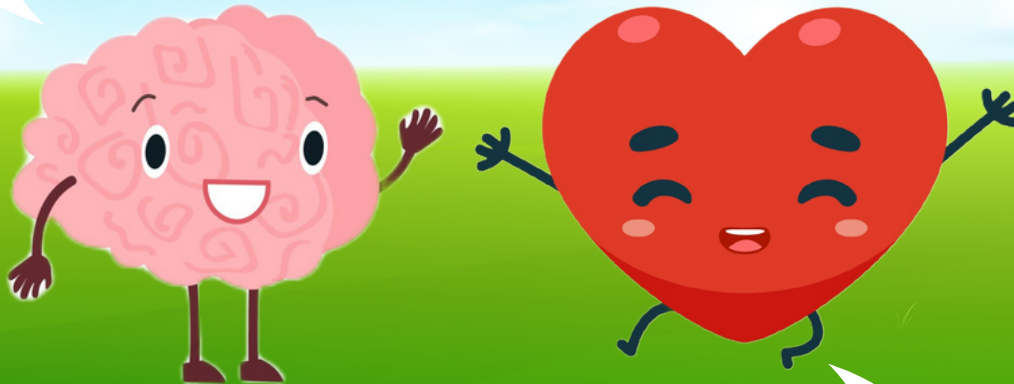
**Hmm, I think social awareness is more about how we treat other people, like being kind and understanding.**

**That too, but it's also about caring for the world around us. Like not picking all the flowers or being careful not to step on bugs.**



**Oh, I get it! It's like being aware of how our actions affect everything and everyone, not just people.**

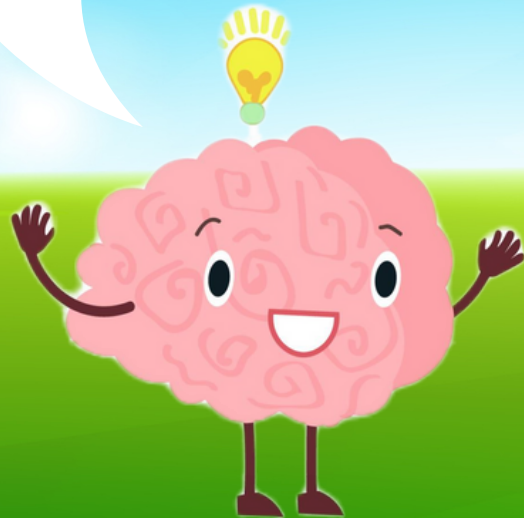
**Exactly! And it's important because when we take care of nature, it can keep giving us beautiful things like flowers and fresh air.**



**I never thought about it that way before. Thanks for teaching me, Brainy!**

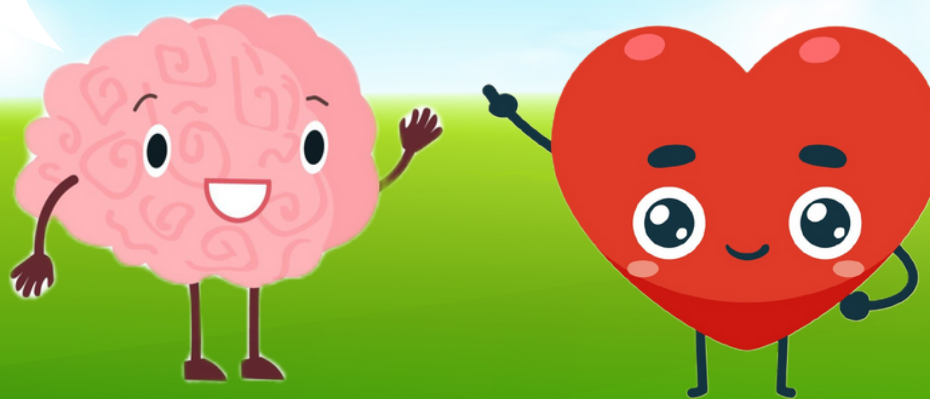


**No problem, Hearty. Hey, do you want to help me pick up some litter we see around the meadow? It'll help keep this place clean and safe for all the creatures living here.**



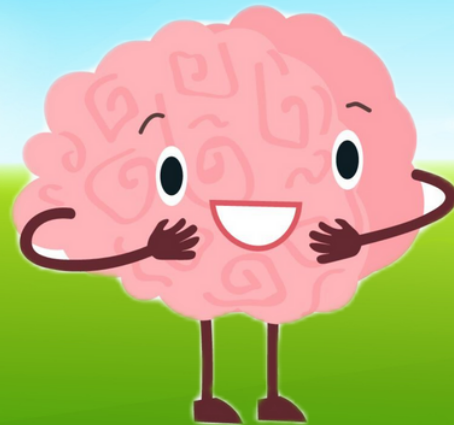
**Absolutely!  
Let's do it!**

**Thanks for helping, Hearty.  
Together, we can make a  
difference, no matter how small.**



**Yeah! And I'm going to tell my  
family and friends about what  
we did today. Maybe they'll want  
to help too!**

**That's a great idea, Hearty. The more people who care, the better we can take care of our world.**

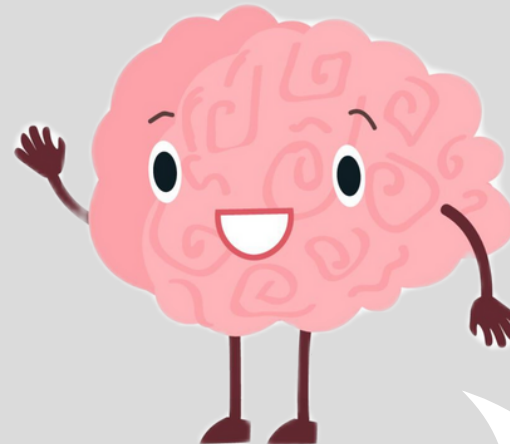


**You know you can count on me, Brainy!**

**To be continued...**



**Hey! Can you think of a time when you took some of your free time to do something for the greater good?**



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



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