<table>
<tr><td>Name: The Emotional Diary</td><td colspan="2">Objective: To help students recognize, understand, and manage their emotions, and develop empathy skills.</td></tr>
<tr><td>Time and nº of sessions:
1 hour/ 2 sessions</td><td>Type/social agents:
Teacher as trainer/facilitator
students/adolescent</td><td>Material: worksheets for the emotional diary/ coloured pencils</td></tr>
<tr><td colspan="3">The teacher/facilitator can start by discussing what emotions are and why it's important to recognise and manage them. Then he/she explains that emotions are normal and that everyone experiences them.

Next, the teacher/trainer can give each student worksheets to create their own emotional diary. Then he/she explains that they will record their emotions every day, noting

● What happened that made them feel that way.
● How they felt physically and mentally.
● What they did to deal with the emotion.

The teacher can then use pictures of different emotions to help students recognise and express them. He/she then encourages the students to share their experiences and discuss how they feel. The next step is to discuss different strategies for coping with emotions, such as

● Breathing and relaxation.
● Physical activity
● Expressing feelings through words or art.
● Talking to an adult

The teacher could then ask the students to write in their diaries which strategies help them the most. It is necessary that students discuss the importance of empathy and supporting others. Finally, the teacher could encourage students to think about how they can help their friends when they are experiencing intense emotions.</td></tr>
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