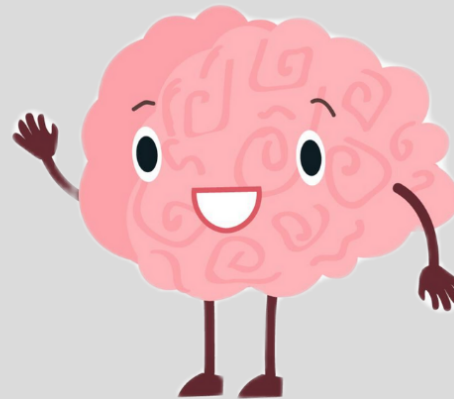
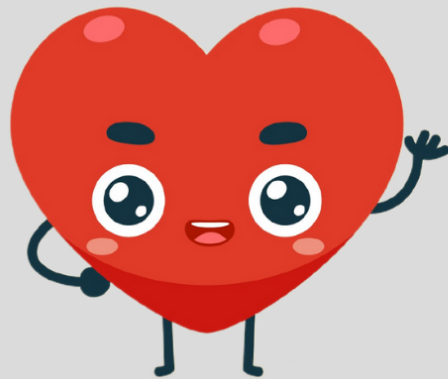


How do you feel?

The story of Hearty and Brainy

1st Issue



EQstudents
Emotional Intelligence
The mind that feels



**Co-funded by
the European Union**



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„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

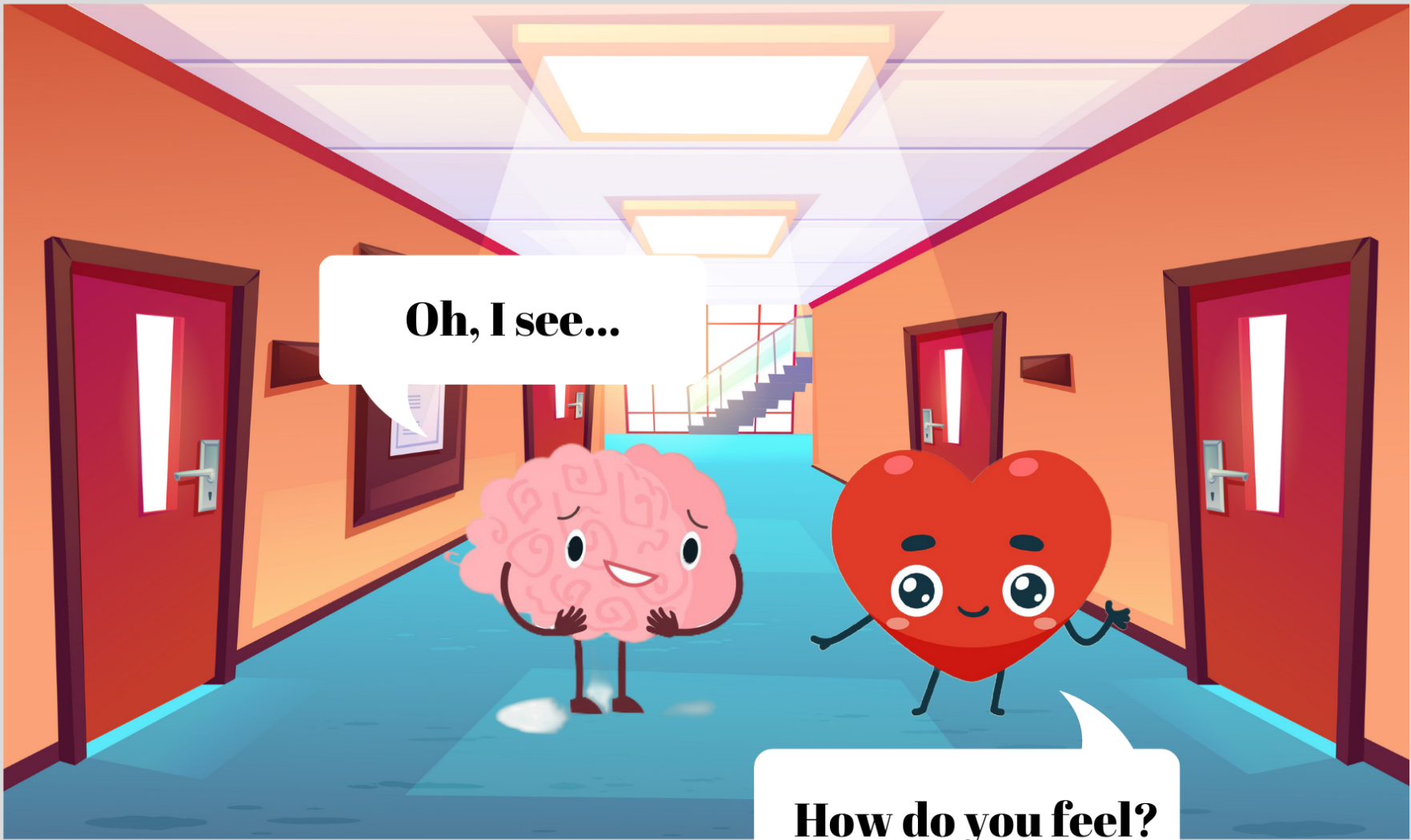
Brainy pictures: Nataliia Darmoroz / Alamy Stock Vector

School Hallway Background: designed by Upklyak – Freepik.com



**Hey, Harty!
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. The walls are orange, and the floor is blue. There are two red doors on either side. In the center, a pink brain character with a smiling face and arms is talking to a red heart character with a smiling face and arms. A speech bubble from the brain contains the text: "You're right! We also have fun at school! Thinking of all the amazing activities and field trips makes me excited!". A speech bubble from the heart contains the text: "That's great, Brainy!".

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!**



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

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



**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.**



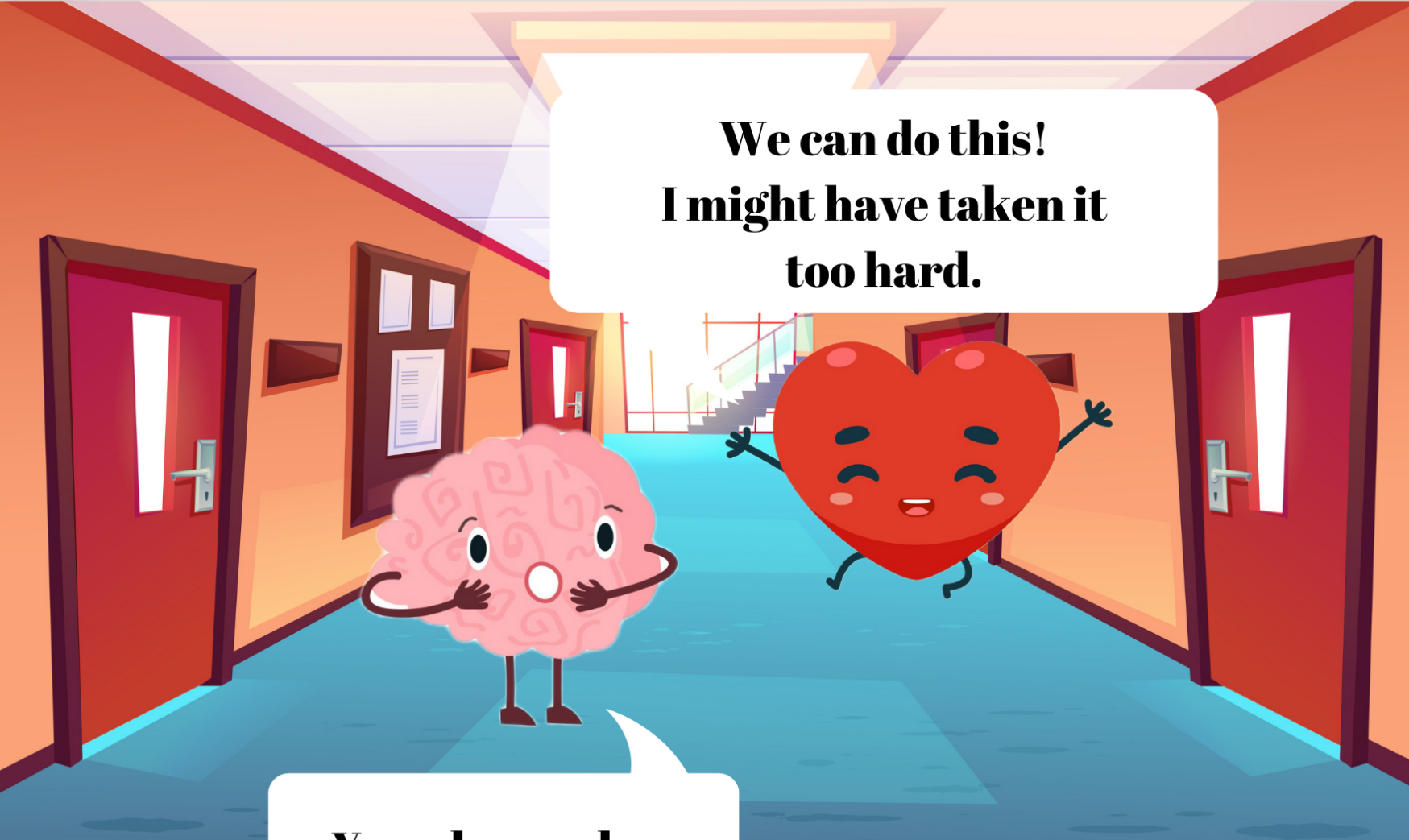
Let's start writing down the most memorable events at the end of our day!

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!**

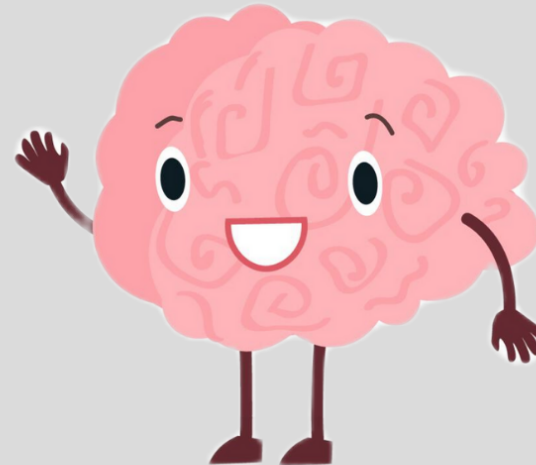


**We can do this!
I might have taken it
too hard.**

You always do...

To be continued...

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



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

