

Cosa provo ora?

DESCRIZIONE DEL GIOCO

Attraverso questo PDF, bambini e ragazzi possono giocare a riconoscere e comunicare le proprie emozioni. Spesso capita di provare più emozioni contemporaneamente, anche molto diverse tra loro. È importante insegnare che ci si può sentire in tanti modi diversi allo stesso tempo, e che **non sempre è facile esprimere quello che si prova.**

Il gioco aiuta a riconoscere le emozioni e a raccontare o indicare come ci si sente, anche usando più immagini contemporaneamente.

L'invito è quello di scegliere una, due, tre o anche quattro emozioni per descrivere il proprio stato d'animo in un determinato momento.

SUGGERIMENTI PER GIOCARE

CONOSCIAMOLE TUTTE:

all'inizio, esplora insieme ai bambini tutte le emozioni presenti nel PDF. Puoi chiedere: "Ti è mai capitato di sentirti così?"

OGGI MI SENTO....:

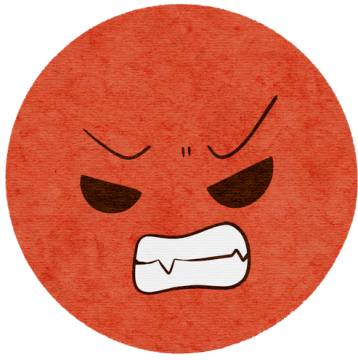
ogni giorno, scegliete un momento per dire come ci si sente usando da 1 a 4 emozioni.

Potete anche disegnarle o mimarle.

SITUAZIONI EMOTIVE:

inventa brevi storie o scenari ("Oggi ho perso il mio giocattolo preferito") e chiedi ai bambini quali emozioni proverebbero.

Cosa provo ora?



SOVRACCARICO



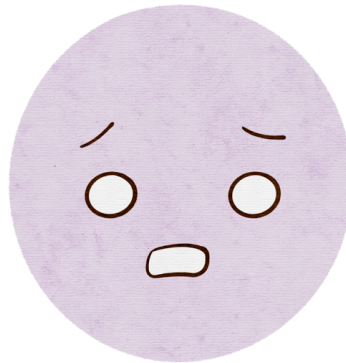
OFFESO



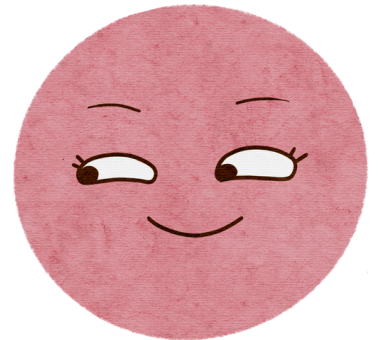
PENTITO



NOSTALGICO

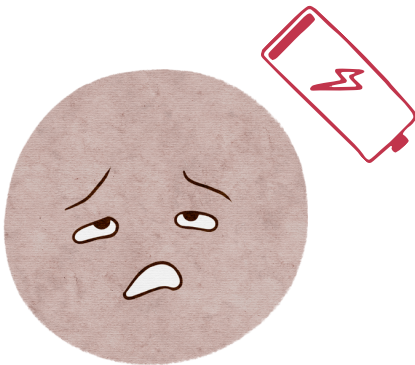


CONFUSO

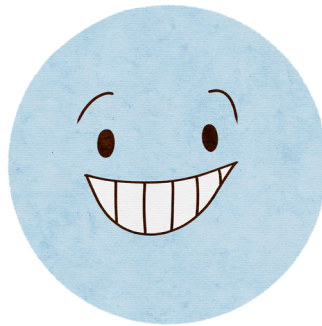


FURBO

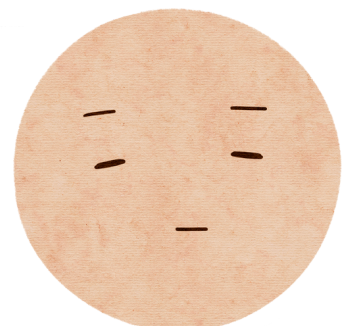
*Piccola
Pedagogista
Petulante*



SENZA ENERGIE



DIVERTITO

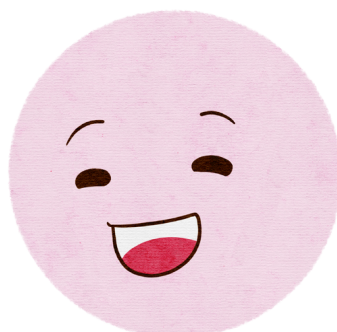


APATICO



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Petulante*

PREOCCUPATO



ECCITATO



NERVOSO

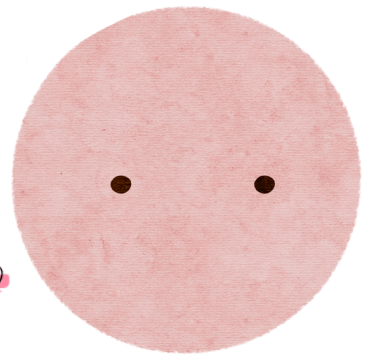


DOLCE

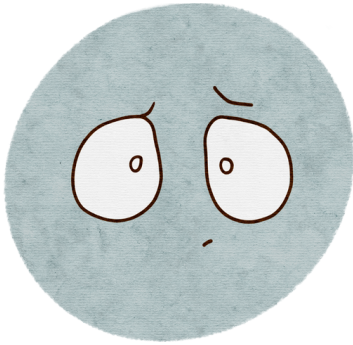


TRANQUILLO

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NON LO SO



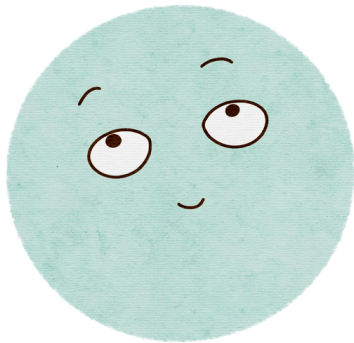
BLOCCATO



INSICURO



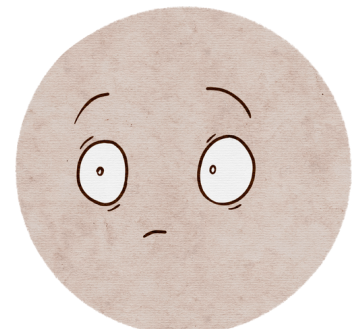
SENSIBILE



PENSIEROSO



AGGRESSIVO

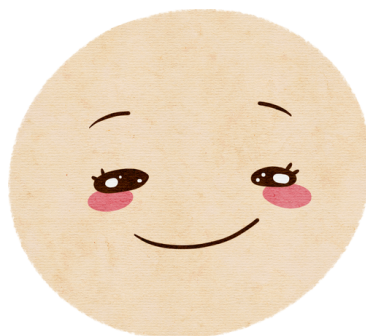


SCONVOLTO

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AGITATO



COMMOSO



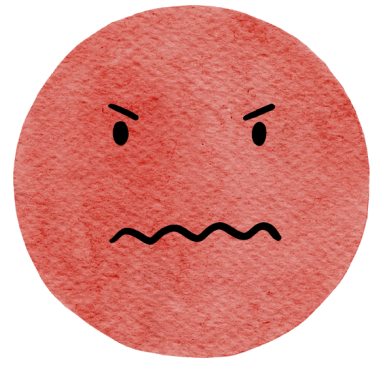
ASSONNATO



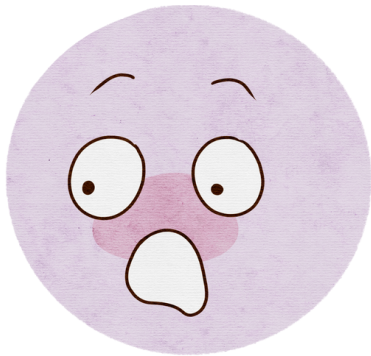
FELICE



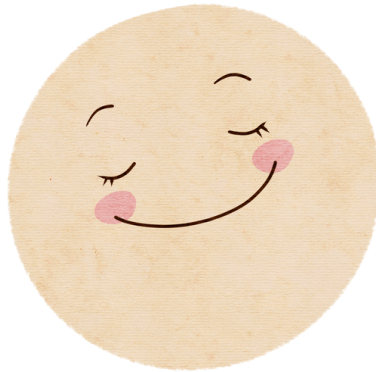
TRISTE



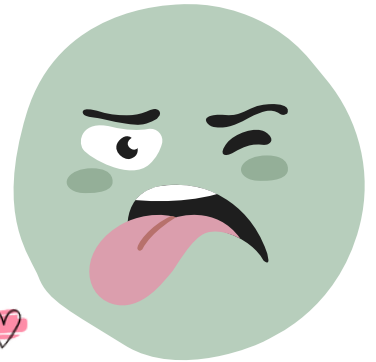
ARRABBIATO



SPAVENTATO

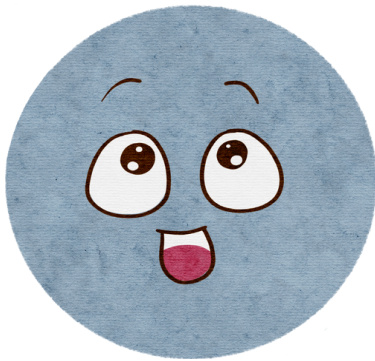


CALMO



DISGUSTATO

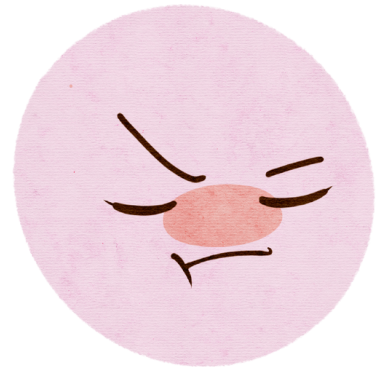
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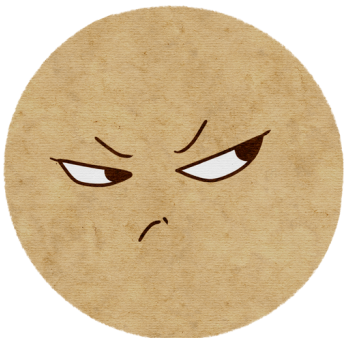
SORPRESO



INNAMORATO



GELOSO

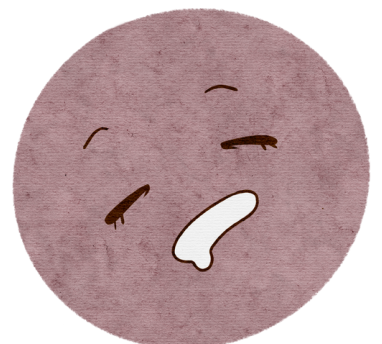


INVIDIOSO

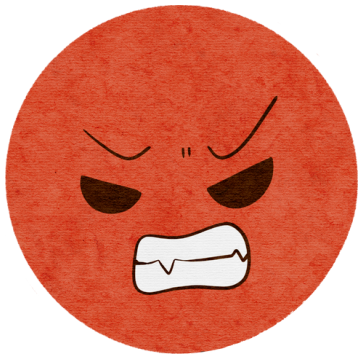
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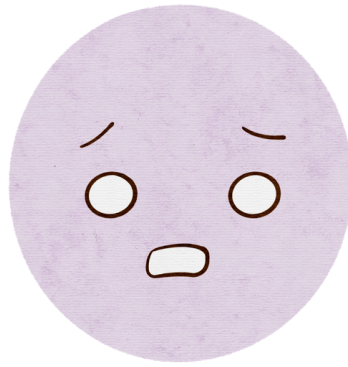
MALATO



STANCO



SOVRACCARICO



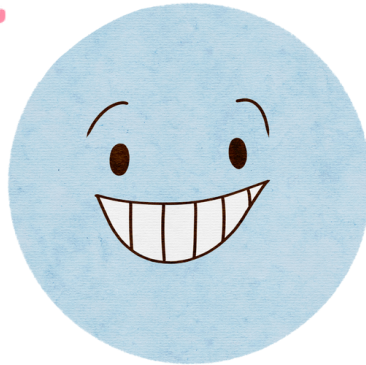
CONFUSO



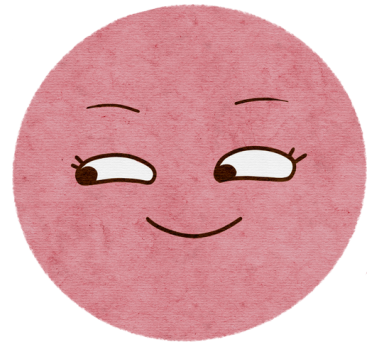
PENTITO



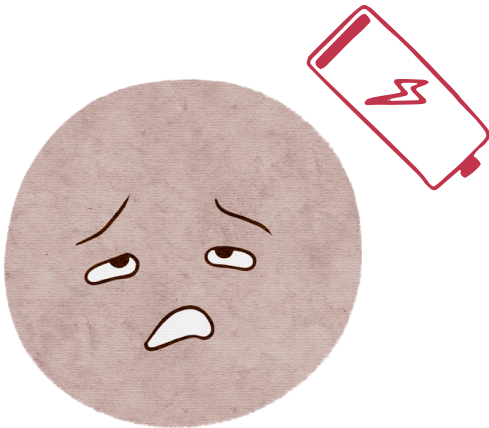
NOSTALGICO



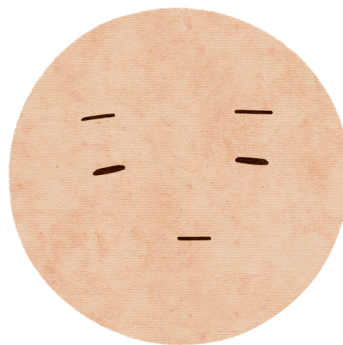
DIVERTITO



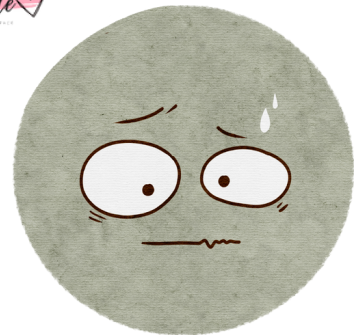
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