



Emotions



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let's sign about səx

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Freya's materials were supplemented by the project team with easy-to-read entries and information on existing video material.



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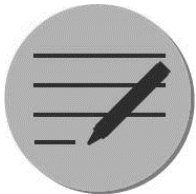
Information for Trainers



This icon shows you that the information will be signed by the trainers in the workshop.



This icon indicates that the LSAS lexicon contains **video material in sign language**.



This icon shows you that there is a **worksheet for the participants**.

What are Emotions?



What are Emotions?



- We experience emotions or feelings every day.
- Everyone experiences their emotions differently, and that's okay.
- For example: Someone cries during an argument, someone raises their voice.

Emotions

other word for
feelings

sensation

What are Emotions?

- We should respect the emotions of others, and should respect our emotions.



- For example:

When someone's pet dies, he/she feels sad and we should have understanding for him/her.

- It's the same for me.

respect - to respect

Recognition - to recognize

Appreciation - to appreciate



What are Emotions?



- Everyone expresses their emotions in some way.
- We can recognize the manifestations of emotions in a person's facial expression, body posture, and tone of voice.

For example:

When a person is happy, he/she laughs.

When a person is sad, he*she may cry or talk less.

manifestations

forming

show something



What are Emotions?

- It's good to talk about your emotions and also to ask others how they feel from time to time.



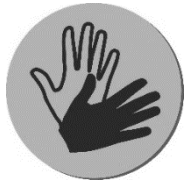
For example:

When we see that someone is worried about something.

worry
be worried

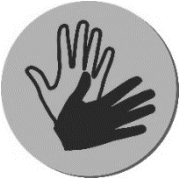


What are Emotions?



- It may also happen that others are not in the mood to talk about their emotions.
- They have the right to do so, and it is good to let them know that we are here for them if they want to talk about their emotions.

What are Emotions?



- Emotions can be positive or negative.
- Everyone distinguishes them a little differently.
- It is good to be able to work with emotions.

For example:

When I want to cry, I cry,

When I want to laugh, I laugh.



positive

- good
- helpful
- pleasant

It makes you feel happy, comfortable, or satisfied.

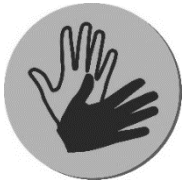
negative

- bad
- harmful
- unpleasant

It makes you feel sad, uncomfortable, or dissatisfied.

What are Emotions?

- Emotions arise as reaction to situations that happen around us.



- They influence our thoughts and behavior.

Thoughts

- Ideas
- Opinions
- Images

They are what you think about people, situations, or yourself.

Behaviour

- How person acts
- How person responds

It is what we do and how we show our thoughts and feelings through actions.



What are Emotions?

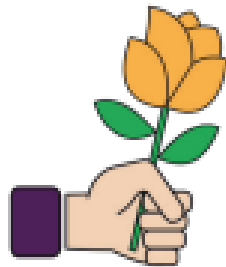
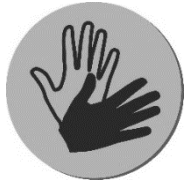
For example:

I receive a flower from someone.

That is a **situation (reason)** based on which I feel an emotion.

I feel joy. - That's my **emotion**.

I'll give you a kiss on the cheek as a thank you. –
That's behavior triggered by **emotion**.



Situation
Reason



Emotion



Behavior
Expression of Emotion

What are Emotions?

For example:



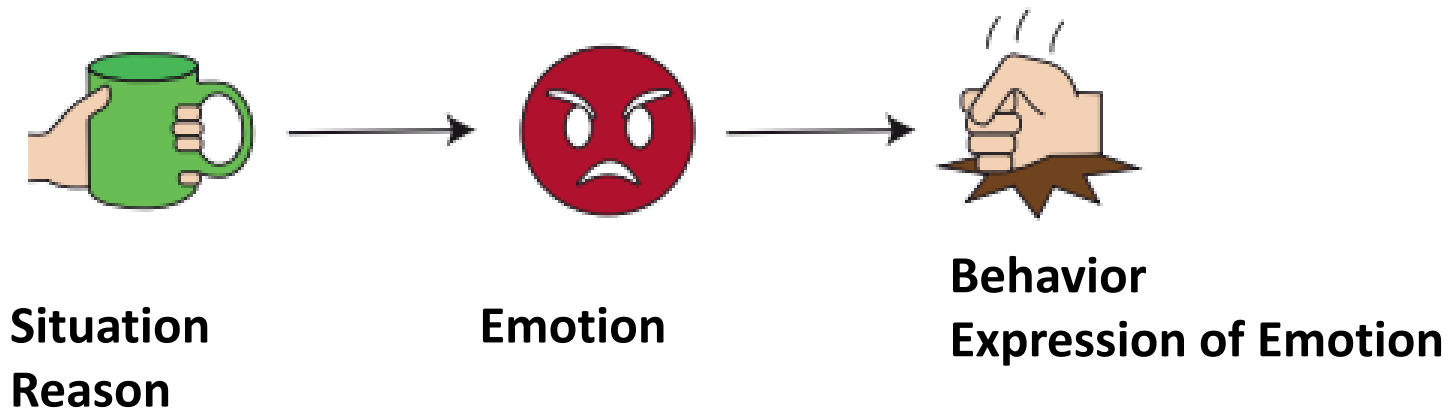
Someone takes my favorite mug.

That is a **situation** that makes me feel some emotion.

I feel anger. – That is my **emotion**.

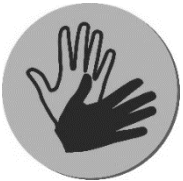
I'm going to go and bang my hand on the table.

This is my **behavior** triggered by emotions.



What are Emotions?

- But we must not forget that some expressions belong in privacy.



For example:

People are angry while being among other people – they turn red, clench their fists and walk away.

In privacy, they may bang on something, shout at each other.

private
private atmosphere

sphere = Area

private area

What are Emotions?



But we should always think about **safety**.

For example:

Will I hurt myself if I hit that wall?

Will I be sorry I dropped that mug on the floor?



What are Emotions?



There are 8 important emotions:



joy

sadness

fear

anger

disgust

surprise

love

shame



What are Emotions?



I am **Joy**.

I am a pleasant emotion.



I come when a person feels happy.

For example: When someone praises a person, they succeed in something, they do what they enjoy, or they see someone they like. People are beaming, smiling, enthusiastic and happy.

What are Emotions?

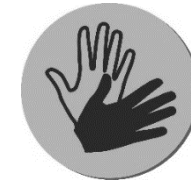
I am Sadness.

**People feel sadness when something goes wrong,
They lose something or someone, something bothers them, or
when they experience some pain.**

Sad people are not smiling or they may even cry.
They may feel tired. A person who is feeling sad usually
doesn't talk much and spends time alone.

I come, for example, when a person says goodbye to a friend
or girlfriend.

But sadness doesn't last forever.



What are Emotions?

I am **Fear**.

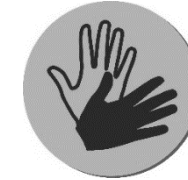
Fear is experienced when a person is afraid of something or someone.

But I am a very unseful emotion.

I exist to protect people in dangerous situations.

People pay more attention to themselves because of me.

A person can react by hiding or running away.



The body prepares itself for how it will react when it is in danger. Our heart starts to beat faster, our breathing speeds up or our mouth goes dry. Our muscles tense up, our hands or feet may tremble.

Sometimes our stomachs clench with fear.

If people are afraid that something bad will happen, they are nervous, restless.

A person may feel fear, for example, when watching a scary movie or when going into an unfamiliar environment such as school or work.



What are Emotions?

I am **Anger**.

anger. I can be a very strong emotion.

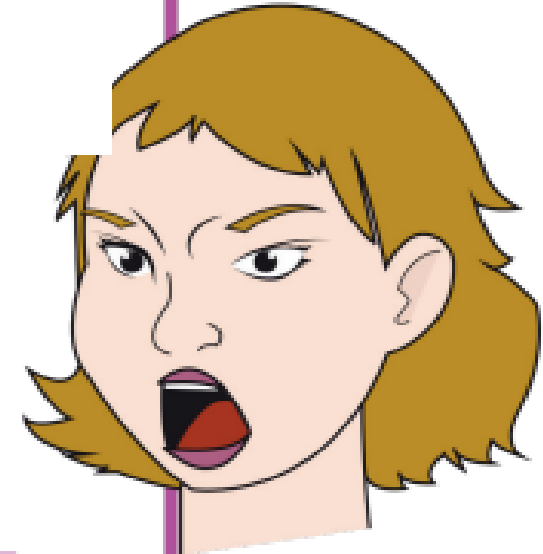
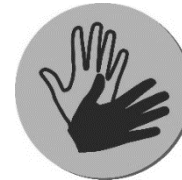
A person can feel me when something doesn't go as well as they would like, someone offends them or makes them angry.

Anger helps us protect our boundaries.

It is very important to learn to experience it in a way that **doesn't harm us or others**.

We can be alone for a while or count to ten before saying anything.

Often the body tenses up, the fists are clenched, and the person screams.



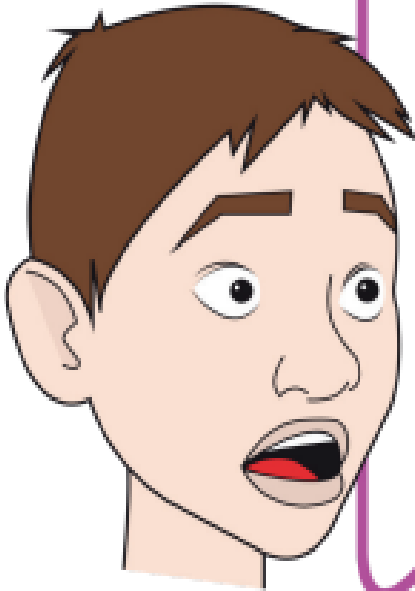
What are Emotions?

I am **Surprise**.

I am a reaction to when something unusual or unexpected happens. It can be a positive or negative reaction.

It depends on whether something surprises us pleasantly (when someone throws us a secret birthday party) or unpleasantly (someone tells us bad news that we didn't expect).

A person may have their eyes or mouth wide open, eyebrows raised, they may hold their breath briefly, scream in surprise, or flinch.



What are Emotions?

I am **Disgust**.

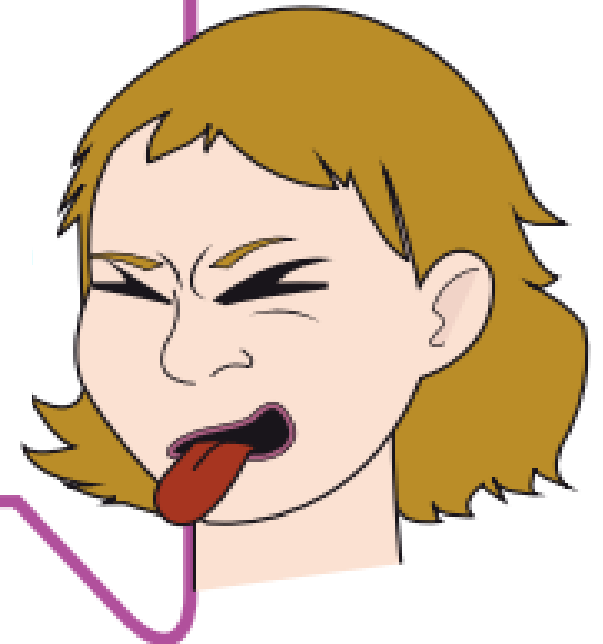
I am a strong negative emotion.



Usually, this will make the person's face show expression of disgust, person may feel sick or nauseous. This is how a person reacts to something unpleasant or disgusting.

We usually quickly turn away or run away from what disgusts us.

It could be, for example, bad food, a smell, or someone's behavior, which we don't like.



What are Emotions?

I am **Shame**.

I come when a person feels like they have done something stupid or embarrassing and are afraid of what others think of them.

A person's face may turn red, their head may be lowered, or their voice may start to shake.



Shame can also be beneficial – it makes a person try to behave decently or want to make amends quickly when they do something wrong.

Everyone experiences this situation from time to time, but it never lasts forever.



What are Emotions?

I am **love**.

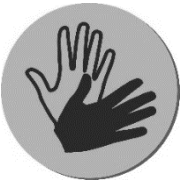
I am a beautiful and powerful emotion.

You can feel me when you like someone as more than just a friend.

People are filled with feelings of joy, excitement, and desire, but also
Or sadness when we are not with a loved one. You may experience a
faster heartbeat or a hot flush in our cheeks.
Your palms may sweat.

You may experience butterflies in your stomach – that
strange tickling feeling in our stomach (e.g., when we are standing
near the person we are in love with).

You often think about your loved one and want to spend time with
him or her.



What are Emotions?

Think about your own words: How you would ask a person, how he/she feels?



Sadness



Surprise



Anger



Shame



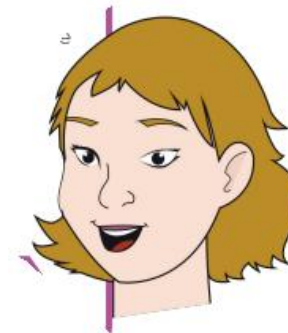
Fear



Disgust



Joy



Love, on love

Exercise- Exchange

What questions can you think of?



Extension section - Knowledge Questions to emotions

What are Emotions?



Sadness



Surprise



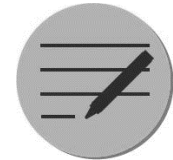
Anger



Shame

Exercise

Create feelings with
pictures.



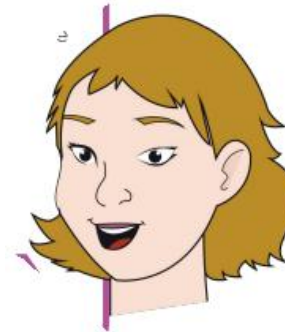
Fear



Disgust



Joy



Love, in love

Extension section - Knowledge
Emotions visually(Worksheet)