

**HANDOUT TO PRINT**  
**Emotion Cards in colour**

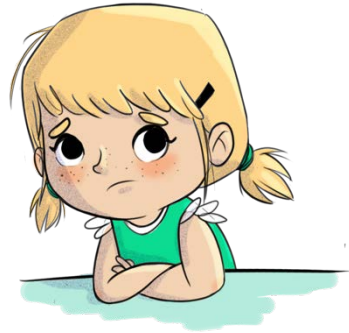
**ANGER**



**JOY**



**SADNESS**



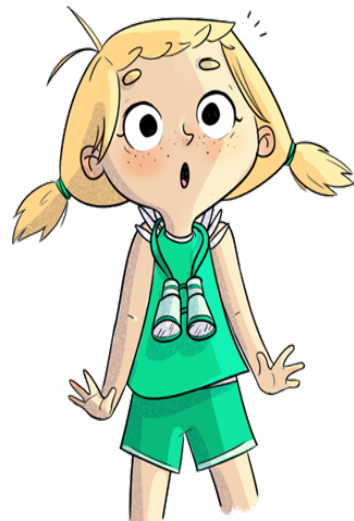
**FEAR**



**DISGUST**



**SURPRISE**



**HANDOUT TO PRINT**  
**Emotion Cards in black and white**

**ANGER**



**JOY**



**SADNESS**



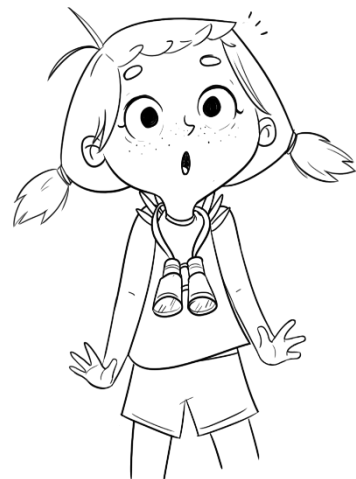
**FEAR**



**DISGUST**



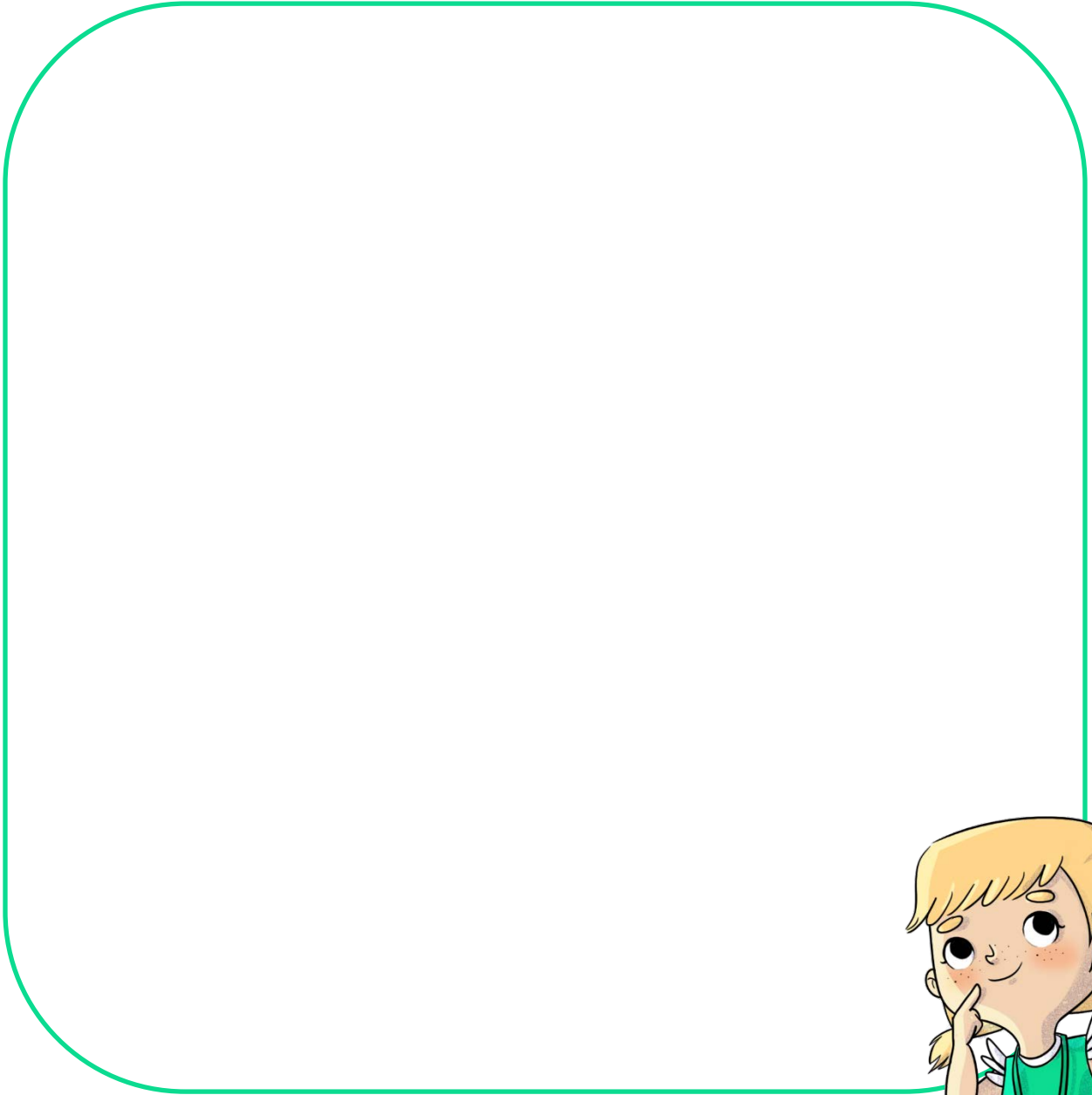
**SURPRISE**



## HANDOUT TO PRINT

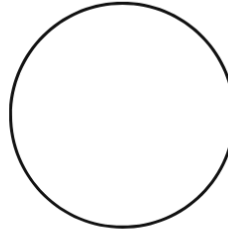
### Asking for help

Who can you ask for help when you need it?

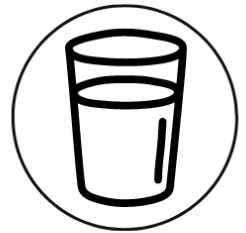


HANDOUT TO PRINT

Learning to calm down



↖  
**Your turn!**



# HANDOUT TO PRINT

## Resolving your conflicts in four steps



Step 1  
Calm down



Step 2  
Listen and  
express  
yourself



Step 3  
Find solutions with  
the other person



Step 4  
Choose a solution  
together and apply it



If necessary, repeat the 4 steps or ask an adult for help

(Fakih, 2019; Motoi, 1995; Motoi & Villeneuve, 2006; Thauvette, 2020)

