

The background of the slide is a close-up photograph of a heavily rusted metal surface. The rust is a mix of dark brown and reddish-orange. In the center of the image, there is a heart-shaped hole cut into the metal. The interior of the heart is a solid, deep black, creating a strong contrast with the rusty exterior. The text 'Le attività sulle emozioni' is written in a bold, red, italicized font across the upper portion of the image, underlined.

Le attività sulle emozioni

Classe 2^a

INDOSSA L'EMOZIONE CHE
FA PER TE


 AMORE

 FELICITÀ-GIOIA

 GELOSIA

 EUFORIA

 TRISTEZZA

 RABBIA

 PAURA



HEALTHY VS UNHEALTHY COMPARISON

Healthy vs Unhealthy Comparison

WATER

| | |
|---------------|----|
| Calories | 0 |
| Total Fat | 0g |
| Total Carb | 0g |
| Total Protein | 0g |

42 CALORIES
NO FAT
YOUR BODY CAN MAKE WITH
IT CAN BE THE HEALTHY

Milk

Yogurt

| | |
|---------------|-----|
| Calories | 100 |
| Total Fat | 4g |
| Total Carb | 12g |
| Total Protein | 8g |

VEGETARIANS
CAN GET THEIR VITAMIN

Candy

| | |
|---------------|-----|
| Calories | 100 |
| Total Fat | 0g |
| Total Carb | 25g |
| Total Protein | 0g |

Soda

| | |
|---------------|-----|
| Calories | 140 |
| Total Fat | 0g |
| Total Carb | 35g |
| Total Protein | 0g |

Chips

| | |
|---------------|-----|
| Calories | 150 |
| Total Fat | 10g |
| Total Carb | 20g |
| Total Protein | 3g |

A LOT OF FAT, SALT, CARBOHYDRATES
THEY CAN LEAD TO HEART PROBLEMS.

| FOOD | Calories | FAT | SODIUM | CARBS | PROTEIN | SUGAR | PROTEIN |
|--------|----------|-----|--------|-------|---------|-------|---------|
| Water | 0 | 0g | 0g | 0g | 0g | 0g | 0g |
| Milk | 120 | 5g | 18g | 12g | 8g | 12g | 8g |
| Yogurt | 110 | 4g | 16g | 12g | 8g | 12g | 8g |
| Candy | 100 | 0g | 0g | 25g | 0g | 0g | 0g |
| Soda | 140 | 0g | 0g | 35g | 0g | 0g | 0g |
| Chips | 150 | 10g | 10g | 20g | 3g | 0g | 0g |
| Soda | 140 | 0g | 0g | 35g | 0g | 0g | 0g |

Water is the healthiest because it has no calories and
sugar.
Milk and Yogurt are also healthy because it contains protein
and calcium.
Candy, Soda, Chips, and Soda are unhealthy because they have
a lot of fat, sugar, and salt.

SODA IS A LOT OF SUGAR
AND VITAMINS
AND HEALTHY INGREDIENTS
WEIGHT GAIN

HEALTHY VS UNHEALTHY

COMPARISON

MILK

| | |
|---------------|-----|
| Calories | 120 |
| Total Fat | 5g |
| Total Carb | 12g |
| Total Protein | 8g |

CANDY

| | |
|---------------|-----|
| Calories | 100 |
| Total Fat | 0g |
| Total Carb | 25g |
| Total Protein | 0g |

TUNA

| | |
|---------------|-----|
| Calories | 100 |
| Total Fat | 10g |
| Total Carb | 0g |
| Total Protein | 20g |

ORANGE JUICE

| | |
|---------------|-----|
| Calories | 110 |
| Total Fat | 0g |
| Total Carb | 26g |
| Total Protein | 0g |

BISCUITS

| | |
|---------------|-----|
| Calories | 110 |
| Total Fat | 5g |
| Total Carb | 20g |
| Total Protein | 3g |

| FOOD | CALORIES | FAT | SODIUM | CARBS | PROTEIN | SUGAR | PROTEIN |
|--------------|----------|-----|--------|-------|---------|-------|---------|
| MILK | 120 Kcal | 5g | 18 | 12g | 8g | 12g | 8g |
| TUNA | 100 Kcal | 10g | 0 | 0 | 20g | 0 | 20g |
| ORANGE JUICE | 110 Kcal | 0 | 0 | 26g | 0 | 0 | 0 |
| CANDY | 100 Kcal | 0g | 0 | 25g | 0g | 0g | 0g |
| BISCUITS | 110 Kcal | 5g | 0 | 20g | 3g | 0g | 3g |

MILK IS THE HEALTHIEST BECAUSE IT HAS FEW SUGAR AND
FEW FAT. IT GIVES YOU CALCIUM FOR STRONG BONES.

TUNA AND ORANGE JUICE ARE ALSO HEALTHY, GIVING YOU PROTEIN AND
CARBS.

CANDY AND BISCUITS ARE TASTY BUT THEY HAVE TOO MUCH SUGAR, FAT AND
SALT WHICH CAN MAKE YOU FEEL TIRED OR SICK IF YOU EAT TOO MUCH.

HEALTHY VS UNHEALTHY COMPARISON

| FOOD | CALORIES | FAT | SODIUM | CARBS | FIBER | SUGAR | PROTEIN |
|------------|----------|-----|--------|-------|-------|-------|---------|
| WATER | 0 Kcal | 0mg | 1.5mg | 3.3mg | 0g | 0g | 0g |
| MILK | 0 Kcal | 3.6 | 0mg | 120mg | 0 | 4.8g | 3.2g |
| CHEESE | 145 Kcal | 11g | 0mg | 0g | 0g | 0g | 11g |
| CHIPS | 541 Kcal | 34g | 0mg | 53g | 3.0g | 0g | 4.3g |
| CANDY | 26 Kcal | 18g | 0mg | 0g | 0g | 60g | 2.3g |
| LEMON SODA | 54 Kcal | 0g | 0mg | 13g | 0g | 12g | 0g |
| | | | | | | | |
| | | | | | | | |



WATER IS THE HEALTHIEST

Because it has NO CALORIES OR SUGAR AND it HELPS KEEP YOU FEELING GOOD. IT IS IMPORTANT FOR YOUR BODY TO WORK WELL.



MILK AND YOGURT ARE ALSO HEALTHY

GIVING YOU PROTEIN AND CALCIUM FOR STRONG BONES AND PROTEIN TO GROW UP. IT IS BEST LOW-FAT MILK.



FOODS LIKE CHIPS AND CANDY

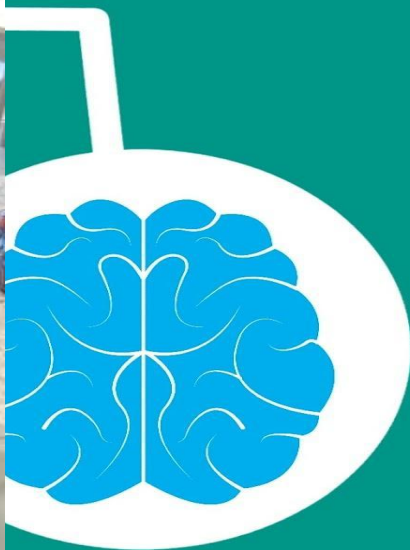
ARE YUMMY BUT THEY HAVE TOO MUCH SUGAR, FAT AND SALT WHICH CAN MAKE YOU FEEL TIRED OR SICK IF YOU EAT TOO MUCH.



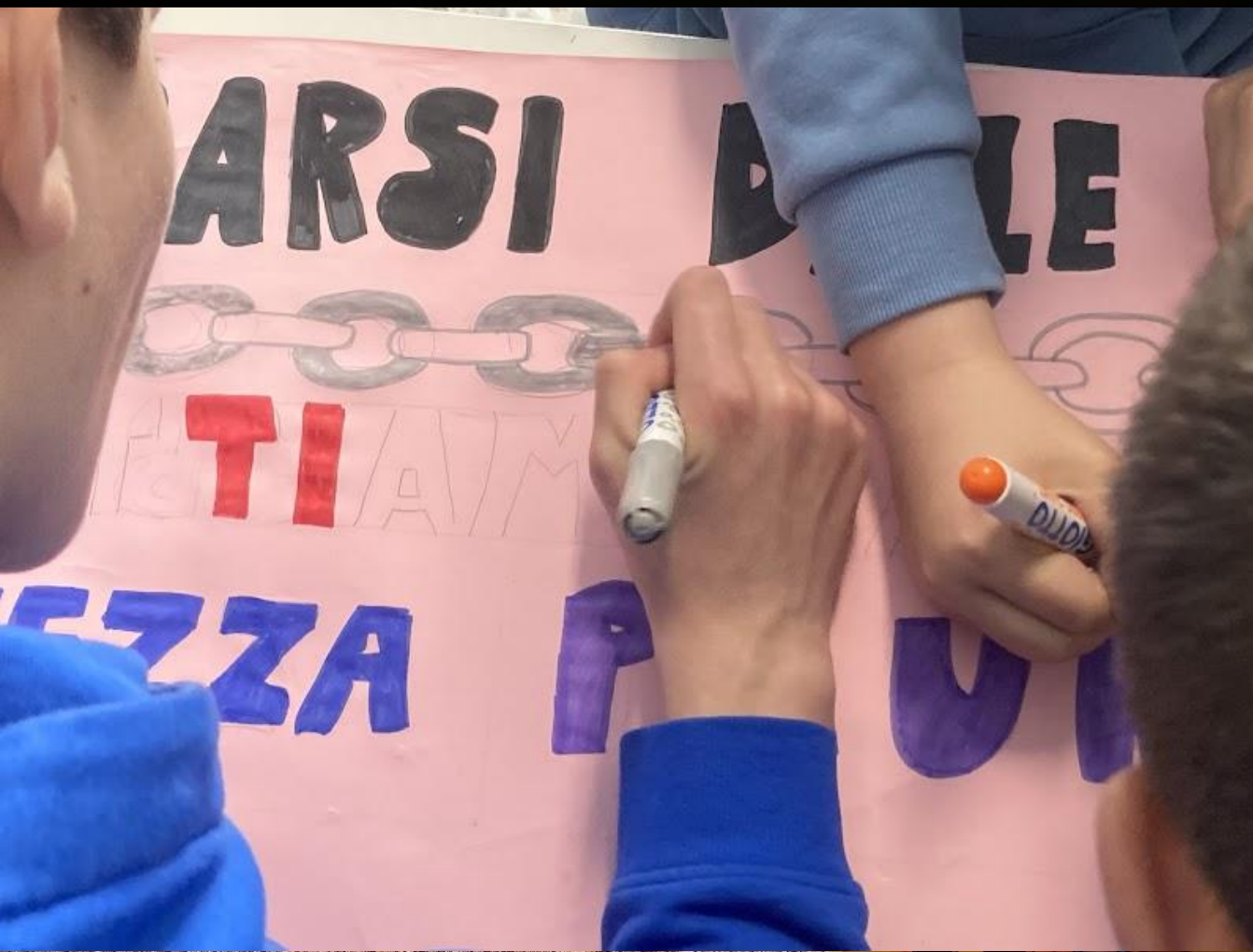
CANDY

CANDY = THEY HAVE A LOT OF SUGAR, NO VITAMINS. CAN MAKE YOU FEEL TIRED AND CAN BE BAD FOR YOUR TEETH.

CHIPS







LIBERARSI DALLE CATENE:

ABBATTIAMO LA  NEGATIVITA
TRISTEZZA PAURA RABBIA

TI SENTI TRISTE? PROVA LA
FARE QUALCOSA CHE TI FA STARE BENE

QUANDO PRENDI UN BUONO VOTO O
QUANDO TI SGRIANO I PROFESSORI

SOLUZIONE = IMPEGNARMI DI PIÙ IN TUTTE
LE MATERIE E NEL COMPORTAMENTO



PER SCONFIGGERE LA PAURA BISOGNA CAPIRE
COS'È CHE LA PROVOCA.

Amicizie False

quando hai paura che i tuoi amici
ti prendano in giro ed ad un
tratto ti lasciano da parte.

COME RISOLVERLO

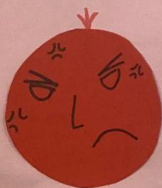
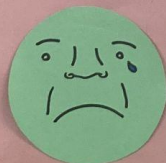
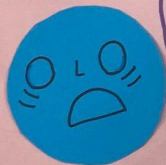
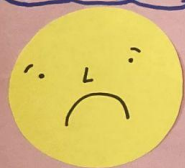
Cambia amicizie con amici più fedeli
(oppure convincili a diventare nuovamente tuoi amici.
[PILICIAN]).

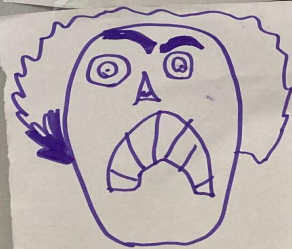
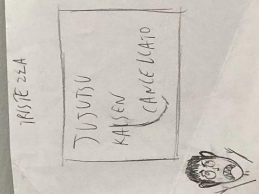
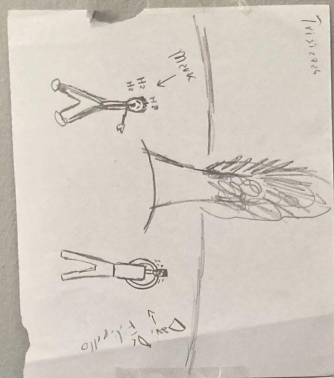


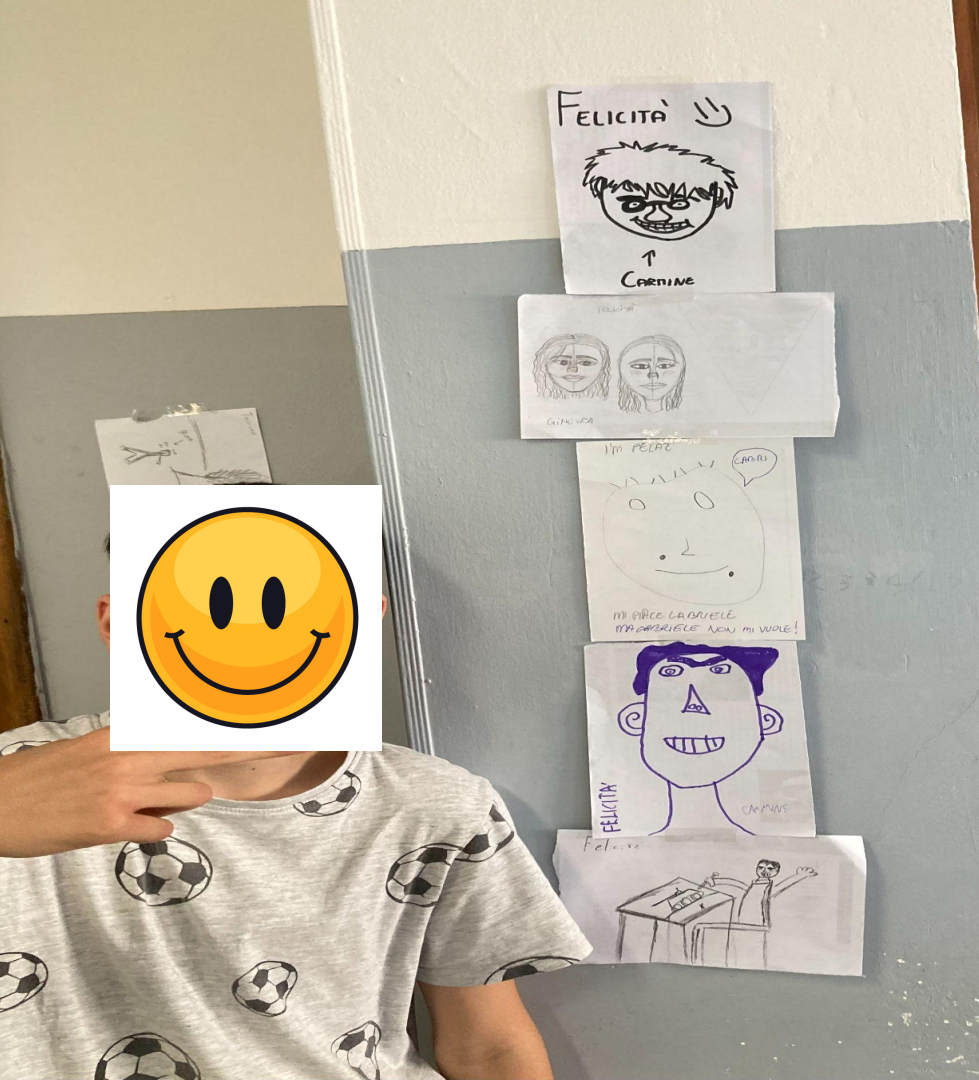
QUANDO I TUOI AMICI NON VENGONO A CASA TUA, QUANDO
LI INVITI O NON RISPONDONO AI TUOI MESSAGGI, NON FARTI
ASSALIRE DALLA RABBIA!

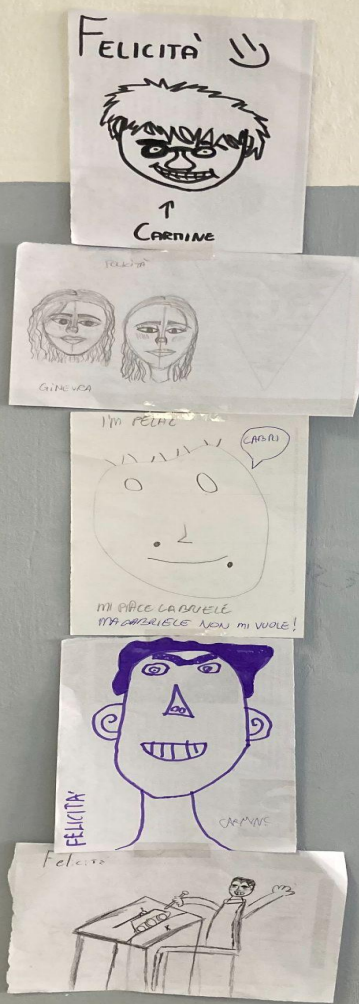
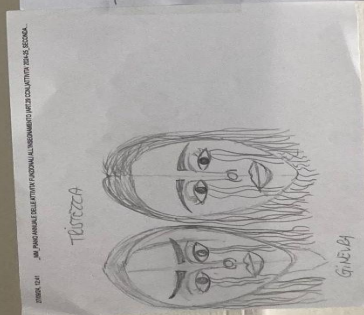
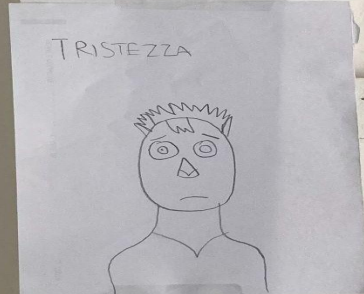
SEGUI QUESTI CONSIGLI:

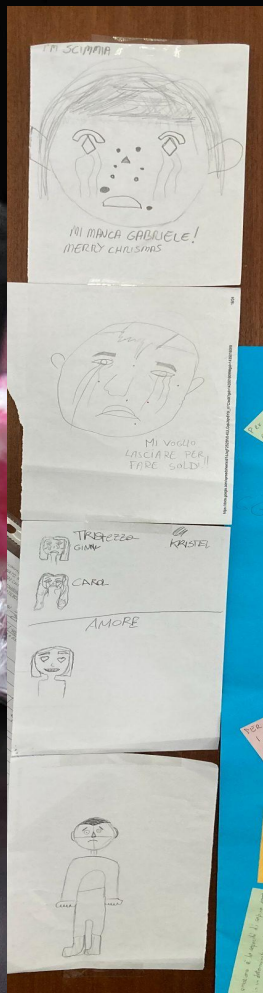
- PRENDI UNA TISANA CALDA O UNA BEVANDA
CHE TI RILAXI;
- RAGIONA SULLA TUA AMICIZIA CON QUESTE PERSONE;
- CHIEDI IL MOTIVO DEL FATTO E PROVA A RISOLVERLO.













Se avete domande
rivolgetevi al nostro
personale qualificato.

Fine

presentazione