

Le attività sulle emozioni

Classe 2^

INDOSSA L'EMOZIONE CHE
FA PER TE

AMORE
FELICITÀ - GIOIA
GELOSIA
EUFORIA

TRISTEZZA
RABBIA
PAURA



HEALTHY VS UNHEALTHY

COMPARISON

Healthy vs Unhealthy Comparison

Food	Calories	Fat	Sodium	Carbs	Fiber	Sugar	Protein
Milk	18 kcal	1.6g	11	5.1g	11	3.6g	3.6g
Yogurt	327 kcal	27.9g	11	11	11	11	21g
Cheese	366kcal	19.1	57g	11	11	11	11
Chips	384 kcal	5.3g	61g	2.8g	2g	26g	6g
Soda	408 kcal	6.3g	21g	57g	2g	35.8g	6.9g
Water	0 kcal	0g	0g	0g	0g	0g	0g

Water is the best drink because it has no calories and **Milk** and **Yogurt** are also healthy because they have **calcium** and **cheese**, **chips** and **soda** are unhealthy but they have too much sugar and fat.

Soda has lots of sugar, no vitamins and healthy nutrients weight gain.

A lot of fat, lots of calories, they can lead to heart problems.

HEALTHY VS UNHEALTHY

COMPARISON

Food	Calories	Fat	Sodium	Carbs	Fiber	Sugar	Protein
Milk	18 kcal	1.6g	11	5.1g	11	3.6g	3.6g
Tuna	327 kcal	27.9g	11	11	11	11	21g
Orange juice	364 kcal	16.8g	11	8.4g	11	34g	0
Crackers	408 kcal	11.9g	11	57g	2g	26g	6g
Biscuits	468 kcal	19.9g	11	66g	3.6g	32g	6.9g
Water	0 kcal	0g	0g	0g	0g	0g	0g

Water is the healthiest drink because it has few calories and **fat**. It gives you calcium and strong bones.

Tuna and **orange juice** are also healthy giving you protein and **calcium**.

Crackers and **biscuits** are yummy but they have too much fat which can make you feel tired or sick if you eat them.



HEALTHY vs UNHEALTHY COMPARISON

Food	CALORIES	FAT	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
WATER	0 Kcal	0mg	1,5 mg	3,3 mg	0g	0g	0g
MILK	0 Kcal	3,6	0mg	120mg	0	4,8g	3,2g
CHEESE	25 Kcal	11g	0mg	0g	0g	0g	11g
CHIPS	521 Kcal	32g	0mg	53g	3,0g	0g	2,3g
CANDY	26 Kcal	1,8g	0mg	0g	0g	60g	2,3g
LEMON SODA	52 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



CHIPS

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







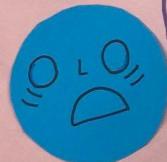
LIBERARSI DALLE CATENE :



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

QUANDO PRENDO UN BRUTTO VOTO O
QUANDO MI SCRUDANO I PROFESSORI

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



PER SCONFIGGERE LA PAURA BISOGNA CAPIRE
COS'E' CHE LA PROVOCIA.

AMICIZIE FALSE

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

COME RISOLVERLO

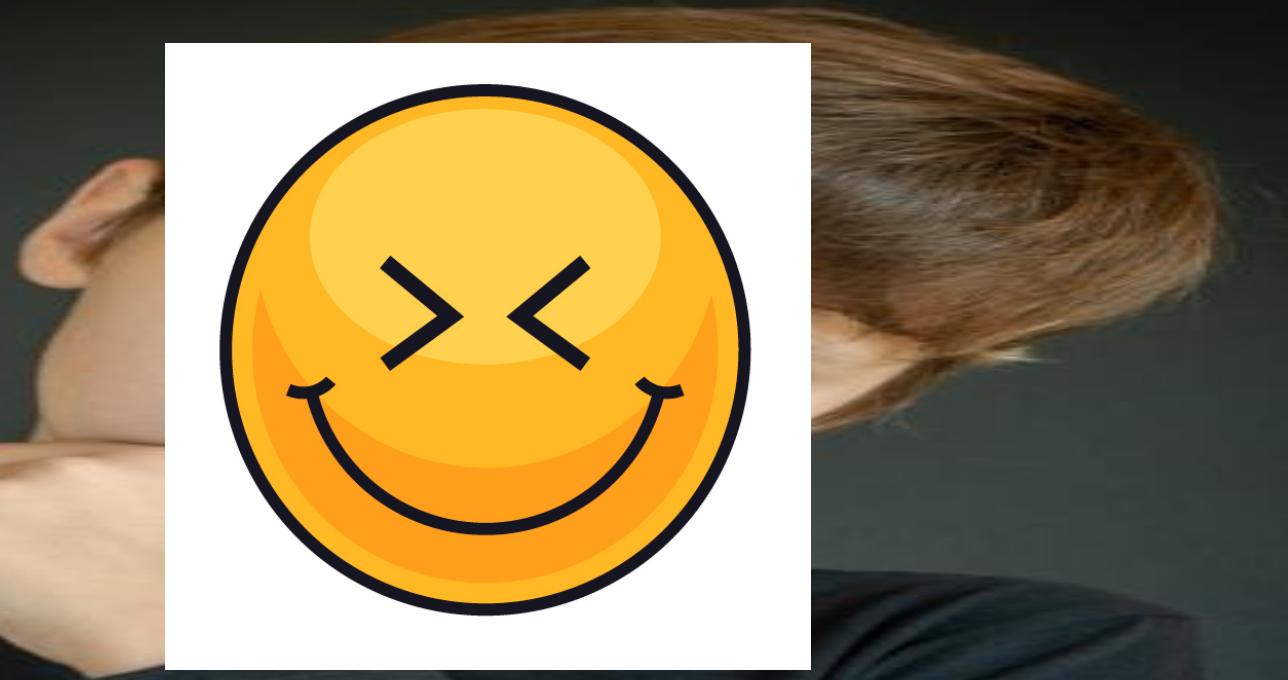
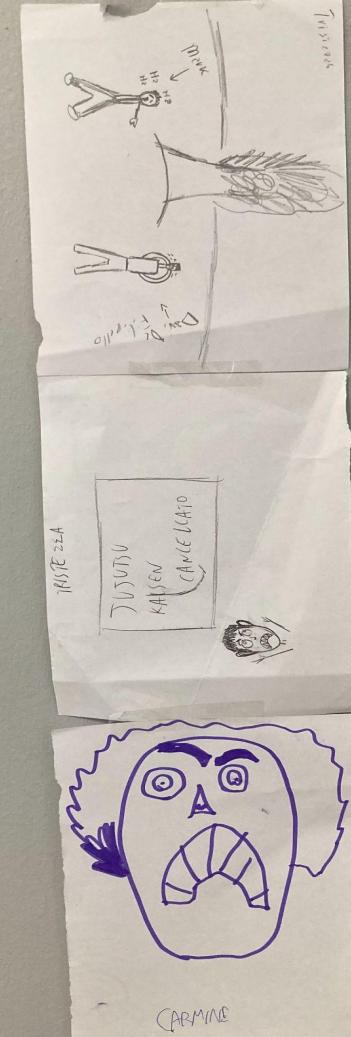
Cambia amicizie con amici più fedeli:
(puoi convincere a divertirsi nuovamente TUTTI AMICI).
[FICHELLA]



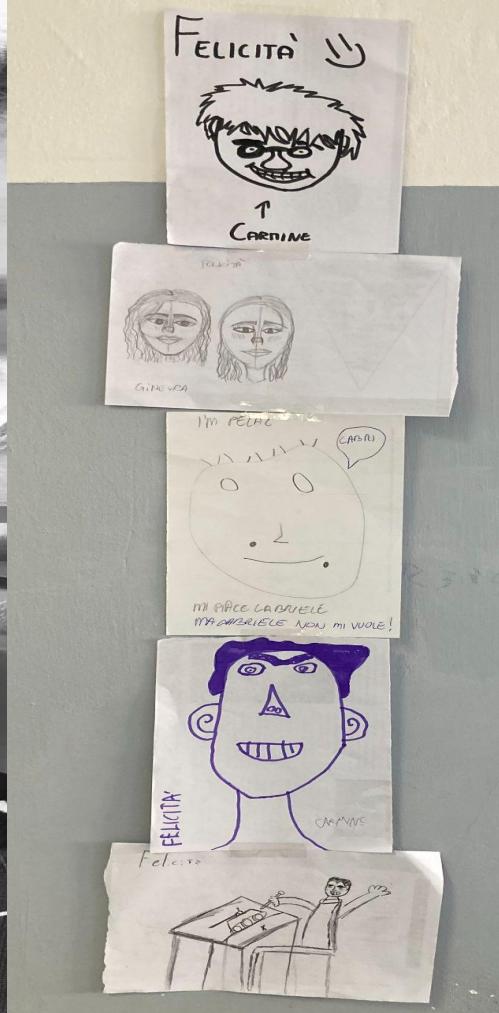
QUANDO I TUOI AMICI NON VENGONO A CASA TUI, QUANDO
LI INVITI O NON RISPONDONO AI TUOI MESSAGGI, NON FARSI
ASSALIRE DALLA RABBIA!

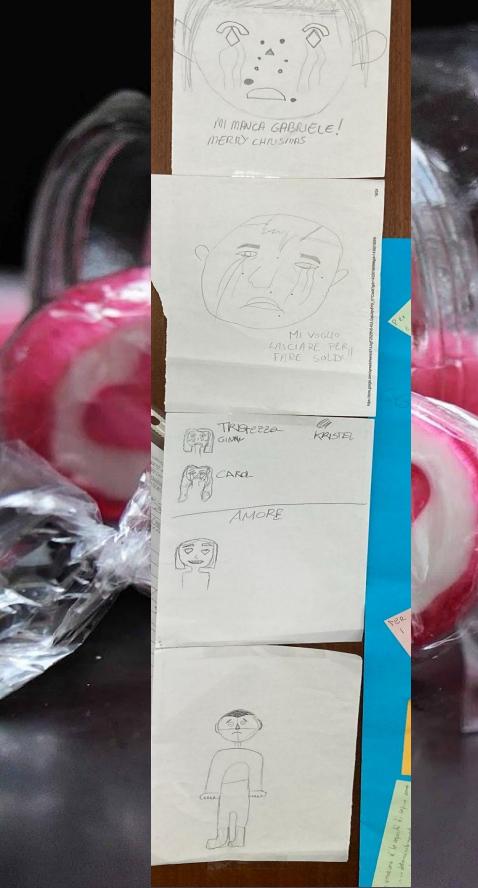
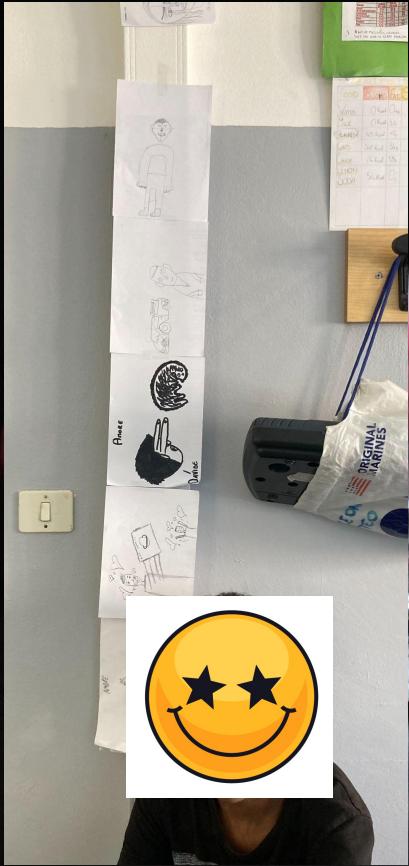
SEGUI QUESTI CONSIGLI:

- PRENDI UNA TISANA CALDA O UNA BEVANDA
CHE TI RICALMI;
- REAGISCI SULLA TUA AMICIZIA CON QUESTE PERSONE;
- CHIEDI IL MOTIVO DEL FATO E PROVA A RIACCOSTARSI.









Se avete domande
rivolgetevi al nostro
personale qualificato.

Fine

presentazione