

## Feelings & Emotions



**You will talk about positive and negative feelings & emotions.**

**What are you feeling now? How can you feel better? Why are feelings so powerful? Which is more important: feelings or reasoning?**

- Follow the guidelines to present your final explanation – remember, it is an oral presentation.
- You can prepare some pictures or get real items handy for the task.

**Presenting Time: \_\_\_\_\_ minutes.**

Points to cover		Key information to present	Language I can use for presenting the point
1.	<b>What is the difference between a feeling and an emotion?</b>		
2.	<b>Why are feelings powerful? Which is more important: feelings or reasoning?</b>		
3.	<b>What is the best way to deal with feelings?</b>		
4.	<b>What do you do when you feel jubilant? If you feel down, can you make yourself feel better? How?</b>		
5.	<b>Is it good to be sensitive?</b>		
6	<b>Extra information about feelings</b>		