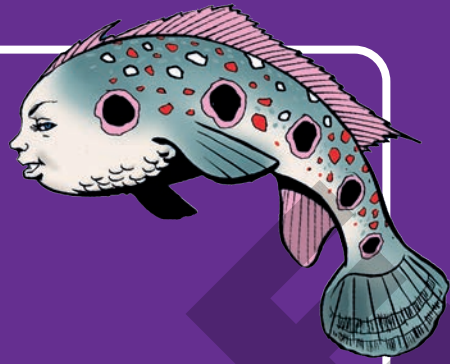




# My Passport



Name:

Passport



A PHOTO OR DRAWING OF MYSELF

MY NAME

EYE COLOUR

HAIR COLOUR

DATE OF BIRTH

AGE

TOWN AND COUNTRY I WAS BORN IN

PEOPLE I LIVE WITH

WHAT I LIKE TO DO WITH MY FAMILY

WHAT I LIKE TO DO WITH MY FRIENDS

THINGS I AM GOOD AT

MY SIGNATURE

ONE OF MY BEST QUALITIES

# What I have learned

## Module 1 - Emotions

### Session 1 - Valuing our Differences and Similarities

- We all have characteristics which make us who we are and which make us different from other people.
- The differences between us are a source of strength and we can bring all our talents together.

### Session 2 - Understanding and Expressing our Emotions

- It is important to recognise my emotions in order to understand how I feel.
- When I experience troublesome emotions, I can tell other people, so that they can help me.
- It is normal to feel more than one emotion at the same time in some situations. These emotions can even contradict each other.

### Session 3 - Recognising Other People's Feelings

- It is not always easy to recognise other people's feelings. People can feel contradictory emotions or several emotions at the same time. Therefore it's helpful to tell others what I think they are feeling, so that I can understand them better.

# The 23 Emotions

Loving



Calm



Confident

Confused



Guilty



Discouraged



Disappointed



Scared



Angry



Tired



Proud





# The Characters

Milo



Olya



Elly



Ogg



Grund



Giant's parent's



Elly's mother



Abner



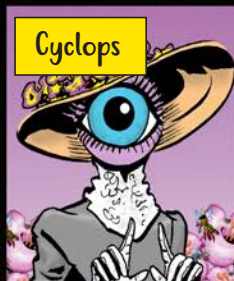
Apple



Willow



Cyclops



Roger Mole



Talking fish



leprechauns



Elves



Griffon



Unicorn



Gnome



Brak the Ogre



# Page for drawing



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Name of school where this Passport was issued

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Date issued

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