



# EMOTIONS

## HEALTHY RELATIONSHIP WITH THE CHILD

Care Solutions  
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# ABOUT ME







# FOR TODAY:

1. Biological aspect of emotions.
2. What emotions tell us.
3. How to deal with intense emotions



# EMOTIONS & FEELINGS





STIMULUS



REACTION



ALEKSANDRA  
MRO CZKO  
zgraj się z życiem











# WHERE DO FEELINGS COME FROM?

*Nobody can tease you, make  
you feel sorry or despair you.*

*What feelings arise in me  
depends on your attitude,  
interpretations, experiences,  
general mood, and also it  
depends on the level of  
meeting important needs.*

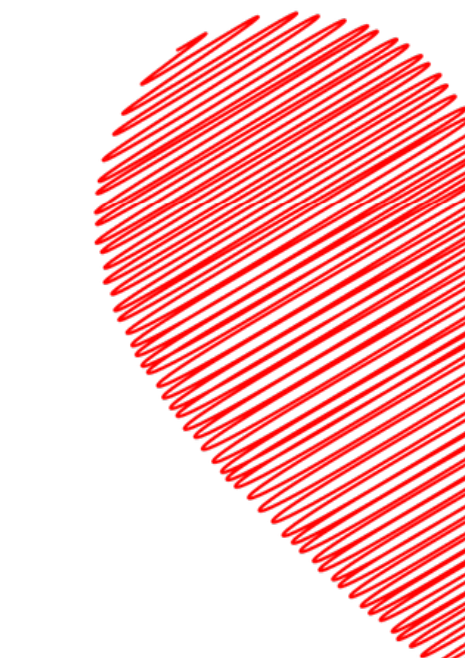


ALEKSANDRA  
MROCHKO  
zgraj się z życiem





Hormones  
Neurotransmitters





# THE MOST IMPORTANT THING ABOUT EMOTIONS



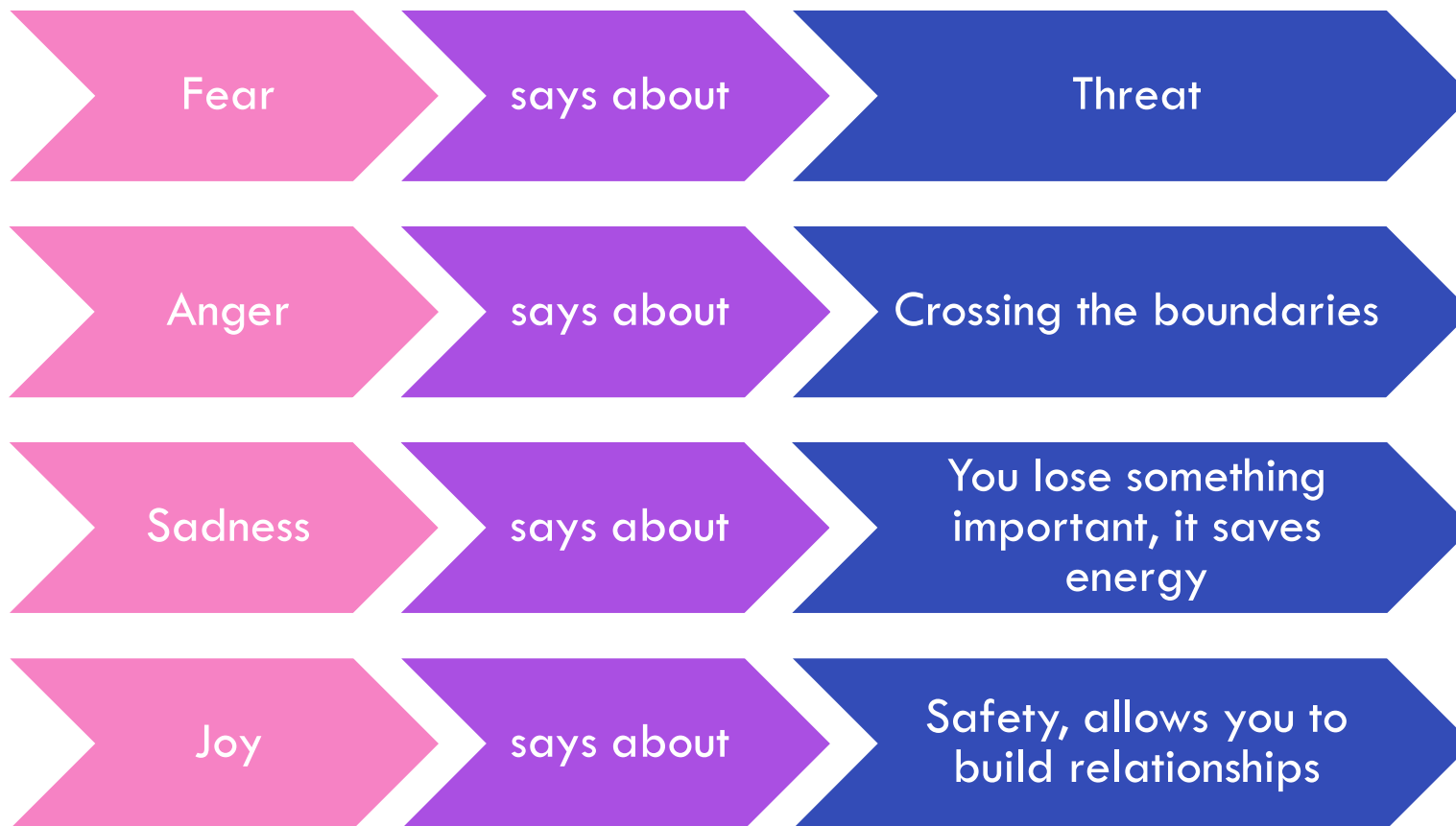


A photograph of a person in a red shirt handing a cardboard box to another person. The person in the red shirt is on the right, and the person receiving the box is on the left. The box is brown and has some tape on it. The background is blurred, showing what appears to be a room with shelves. The text "EMOTION IS POSTMAN" is overlaid in white, bold, sans-serif font in the center of the image.

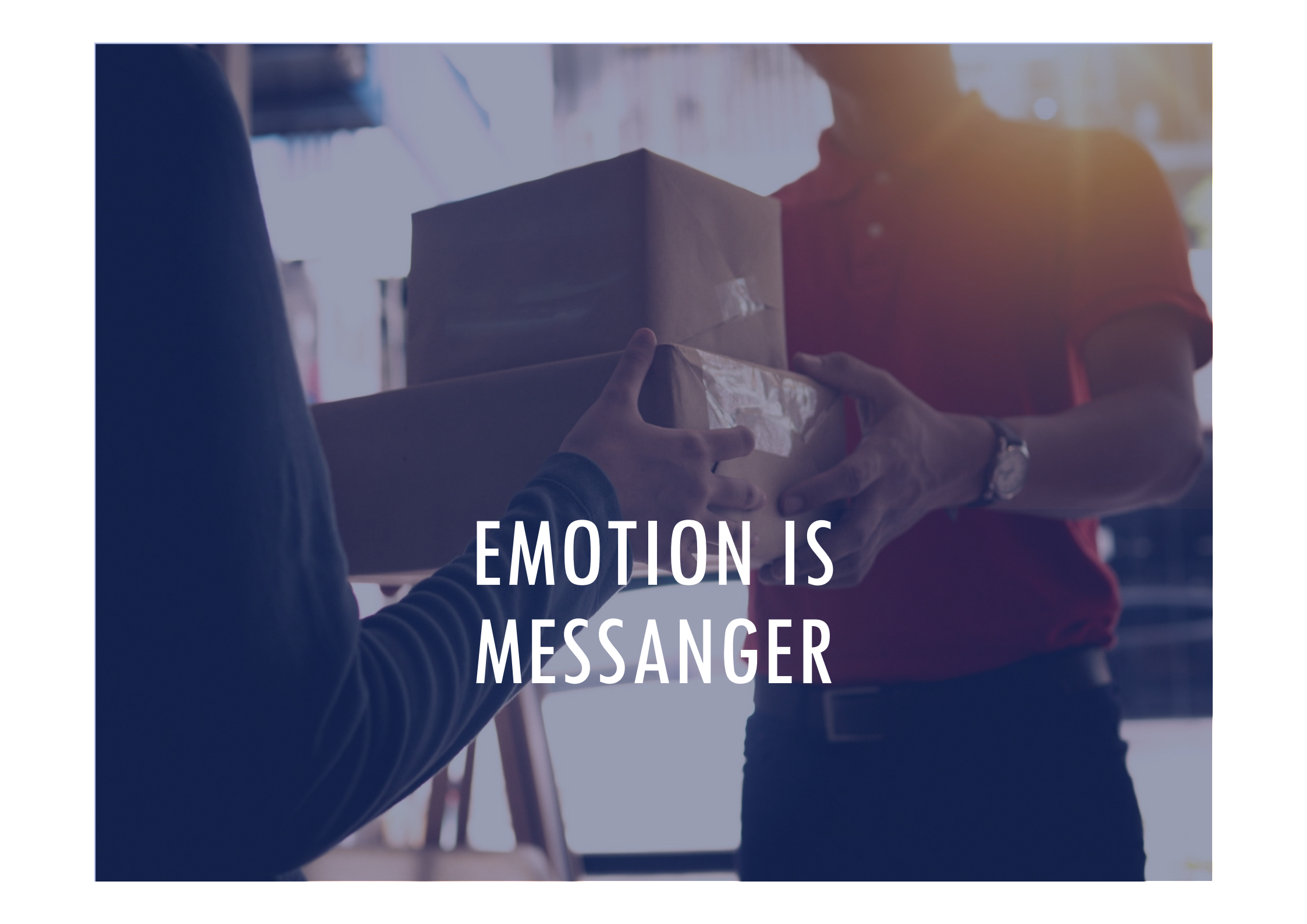
EMOTION IS  
POSTMAN



# WHY DO WE HAVE EMOTIONS?






A photograph of two people holding a large cardboard box. The person on the left is wearing a dark long-sleeved shirt, and the person on the right is wearing a red polo shirt and a watch. The background is blurred, suggesting an indoor setting. A semi-transparent dark blue overlay covers the bottom half of the image, where the text is located. 

**EMOTION IS  
MESSANGER**



A photograph showing two individuals in a warehouse or office setting. One person, wearing a red polo shirt and a watch, is handing a large cardboard box to another person whose arm is visible in a dark long-sleeved shirt. The background is slightly blurred, showing shelves and other boxes. A warm, orange-toned light flare is visible in the upper right corner. Overlaid on the center of the image is the text 'PROVIDES INFORMATION' in a bold, white, sans-serif font.

**PROVIDES  
INFORMATION**

A young boy is shown in profile, looking down. He is wearing a crown and a robe, both covered in small, reflective sequins or beads. The background is a blurred, arid landscape with hills under a hazy sky. The overall tone is somber and contemplative.

**FOR KING**



A young girl with dark hair is shown in profile, looking down. She is wearing a gold-colored crown and a matching royal-style dress with a high collar and long sleeves. The background is a blurred desert landscape with mountains under a hazy sky. The text "YOU ARE THE KING. YOU ARE THE QUEEN." is overlaid in white, bold, sans-serif font.

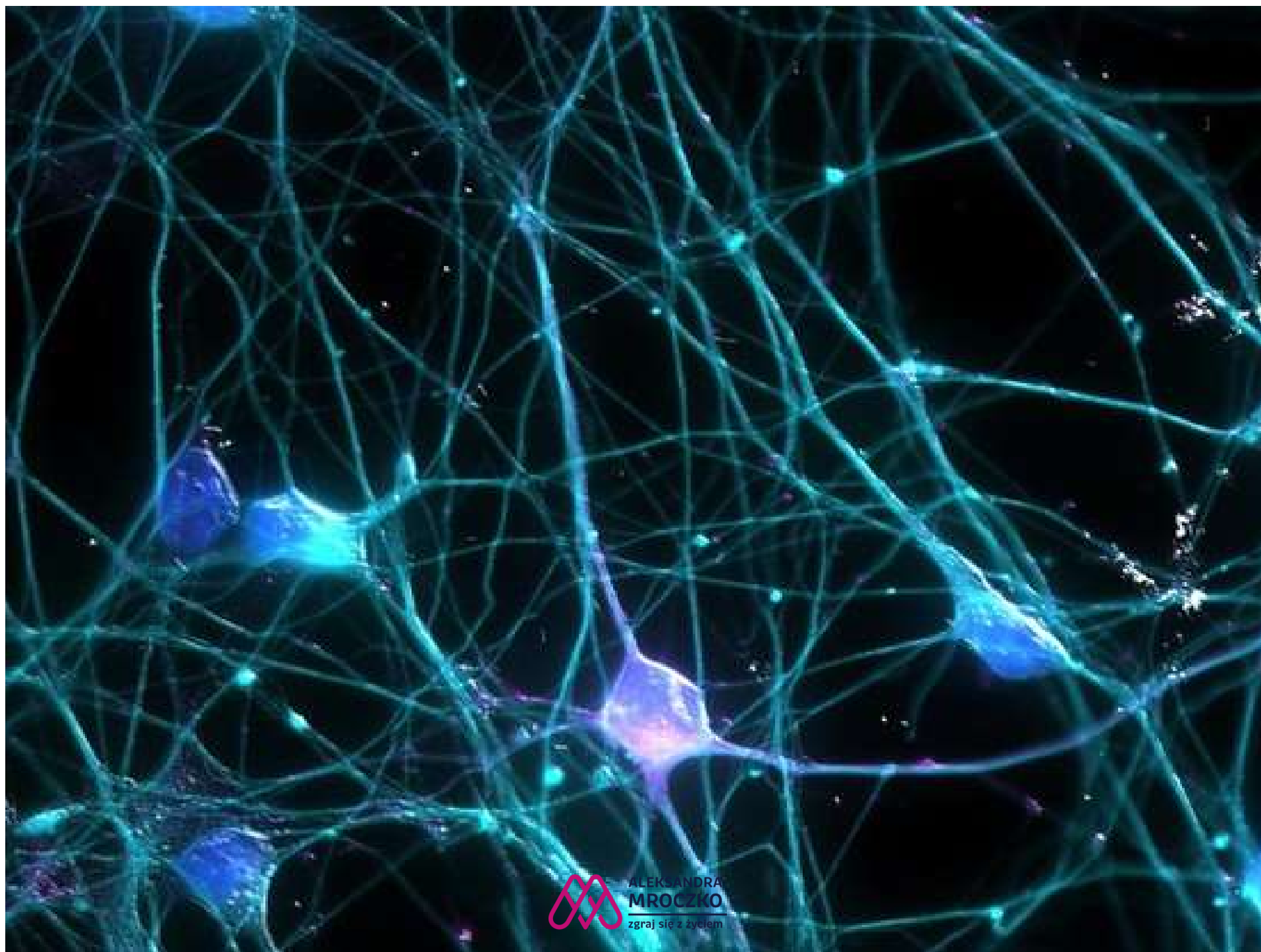
**YOU ARE THE KING.  
YOU ARE THE QUEEN.**

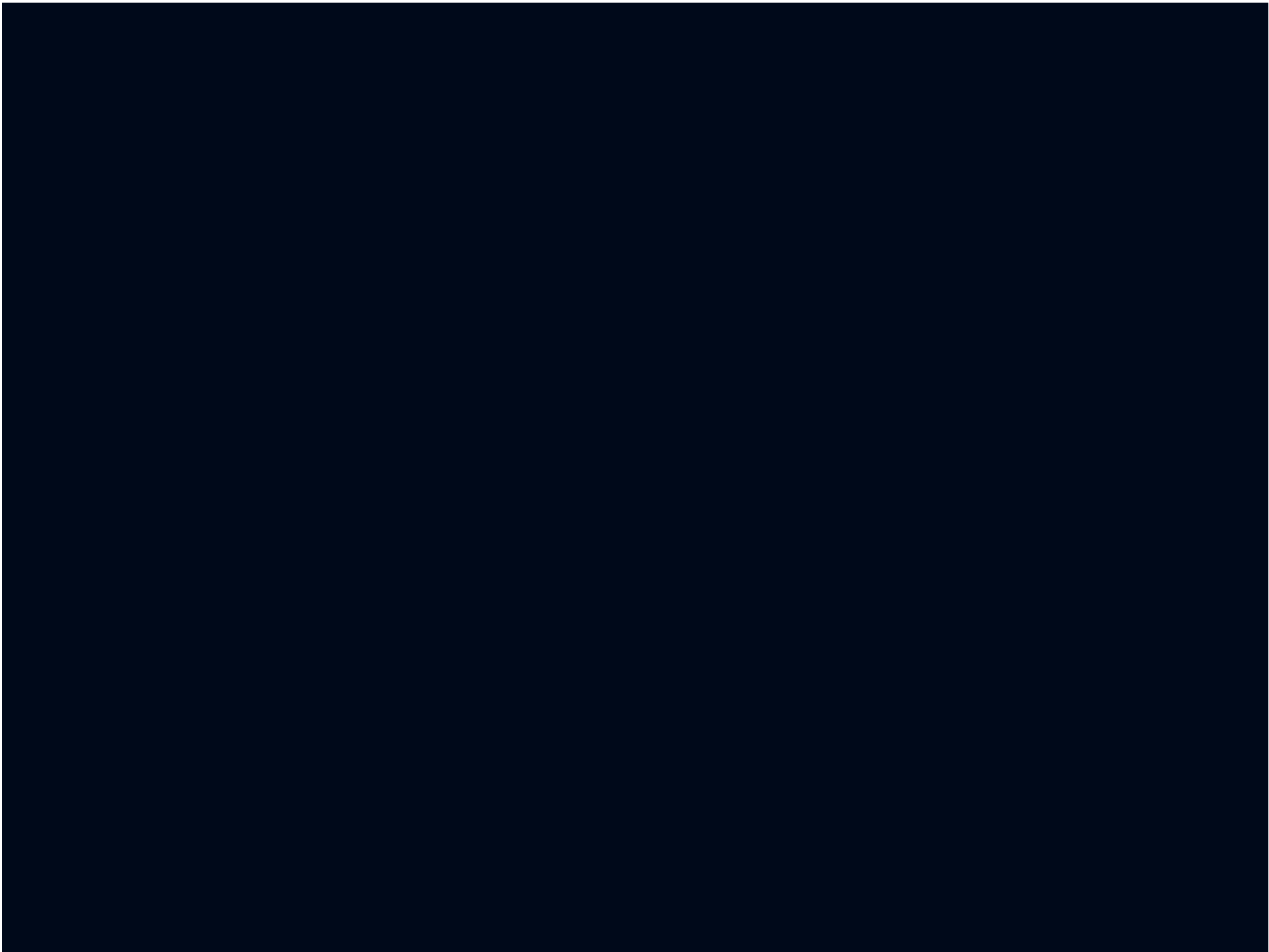


# ANGER

How to express and  
understand it.









# WHAT TO DO

## WHEN THERE IS ALREADY A LOT OF ANGER?



- ⇒ Draw how angry you are!
- ⇒ Let's take a break
- ⇒ Concentrate on the action
- ⇒ Express your understanding



- ⇒ Breathe, cool down,
- ⇒ Concentration on action
- ⇒ Allow yourself to be angry (!)
- ⇒ Screaming in Giraffe
- ⇒ Go into somebody's head





# WHAT WILL YOU CHANGE?

1. Change one thing.
2. Discuss about emotions with someone.
3. Stay in touch and leave a review on Google or Facebook.