

= TOLERANCE =

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KNOWLEDGE OF EMOTIONS

For learners – pupils, students

Annex 1: feelings that you are experiencing in school

In the table below are written statements with numbers of axis 1 to 5.

Firstly, look what each number means in the first row and then claim by circling the best fitted number for each statement.

		It is not true at all 1	Not true 2	Something in-between (nor true nor false) 3	True 4	Absolutely true 5
1.	In school I was often scared , I feel threatened.	1	2	3	4	5
2.	In the school I'm often bored , because I'm interested in other things	1	2	3	4	5
3.	In school, I am often sad, depressed , because in school I miss something.	1	2	3	4	5
4.	In school, I often feel unaccepted from pupils or adults at school.	1	2	3	4	5

5.	At school, I am often experiencing satisfaction and pride because I thrive things and others notice that.	1	2	3	4	5
6.	In school, I am often embarrassed , because it seems to me that I do not perform well before others.	1	2	3	4	5
7.	In school, I often feel humiliated , because it seems to me that others make fun of me and they are mocking me.	1	2	3	4	5
8.	In school, I often feel lonely .					
9.	In school, I am often in a bad mood because my desires in the school are not fulfilled.	1	2	3	4	5
10.	In school, I am often very angry because others are not behaving, as they should.	1	2	3	4	5
11.	In our school, they are also people who I hate , because it seems to me that they are evil, malicious.	1	2	3	4	5
12.	In our school, they are also people that I despise , resent, because I consider them less worthy.	1	2	3	4	5
13.	In our school, they are also people I respect , because I appreciate their qualities.	1	2	3	4	5
14.	In the school, I sometimes fall in love .	1	2	3	4	5
15.	In the school, I several times feel guilty because I do something that later on does not seem right.	1	2	3	4	5

16.	In the school, I often resist others, defying them because they behave as if they are something more.	1	2	3	4	5
17.	In the school, I am often experiencing jealousy , because I am afraid that some person will 'steal' someone from me.	1	2	3	4	5
18.	In school, I often envy others, because they have something that should belong to me.	1	2	3	4	5
19.	In school, I am often pleased if something unpleasant happens to others.	1	2	3	4	5
20.	In school, I often worry , because I fear that things will go wrong in the future.	1	2	3	4	5
21.	In the school, I often feel stress, anxiety , because it seems to me that I cannot do everything is expected from me in the school.	1	2	3	4	5
22.	In school, I often feel disappointed because others behave worse than I expect.	1	2	3	4	5
23.	I trust most people in my school that they will act, as they should.	1	2	3	4	5
24.	In the school, I am curios , many things interest me, and I want to learn many things.	1	2	3	4	5
25.	In the school, I am often experiencing compassion , mercy, if something unpleasant happens to someone.	1	2	3	4	5

26.	In school, I am often grateful to others because they do something good for me.	1	2	3	4	5
27.	In school I often, experience something funny, humorous.	1	2	3	4	5
28.	In our school, they are also people with whom I am connected and I love them.	1	2	3	4	5

Annex 2: Your view on emotions

In the table below are written statements with numbers of axis 1 to 5.

Firstly, look what each number means in the first row and then claim by circling the best-fitted number for each statement.

		It is not true at all 1	Not true 2	Something in-between (nor true nor false) 3	True 4	Absolutely true 5
1.	I know what emotions are and I would know to list some of them.	1	2	3	4	5
2.	Usually I know which emotion I am experiencing.	1	2	3	4	5
3.	I usually know why I am experiencing certain emotion.	1	2	3	4	5
4.	I know how to handle my emotions; I know what to do with them.	1	2	3	4	5
5.	I think that I must always show my feelings outward; I cannot keep it inside myself.	1	2	3	4	5
6.	In the society, I usually know which emotion are experienced by others.	1	2	3	4	5
7.	In a society, I usually know why others experience certain emotion.	1	2	3	4	5

8.	I think that I have to hide all my emotions from others.	1	2	3	4	5
9.	Some emotions are forbidden, for example, we should not be angry or jealous.	1	2	3	4	5
10.	We experience emotions only when something valuable or important for us is happening.	1	2	3	4	5
11.	Those emotions that made me feel uncomfortable, such as anger, fear, boredom, loneliness, sadness - are always bad for me.	1	2	3	4	5
12.	Those of my emotions, which I find enjoyable - for example, joy, pleasure, pride - are always good for me.	1	2	3	4	5
13.	If I say something ugly to someone, I am causing him some unpleasant emotion - for example, I am hurting or offending him/her.	1	2	3	4	5
14.	If someone says something ugly to me, I experience unpleasant emotion - for example, I am angry or offended.	1	2	3	4	5
15.	Each one of us gets angry or offended by him/herself. Even if a person says something bad, we may remain emotionally uninvolved.	1	2	3	4	5
16.	When I feel strong anger, rage to someone, I have to attack him somehow.	1	2	3	4	5
17.	No feelings should be expressed by violence	1	2	3	4	5

18.	When we feel strongly, we can no longer think.	1	2	3	4	5
19.	People need emotions so that we can survive and that our life is not dull.	1	2	3	4	5
20.	Feelings are important to me and I am interested in them.	1	2	3	4	5
21.	If we want to understand why someone is violent towards others, we must know his emotions.	1	2	3	4	5
22.	The school can help us to better understand our feelings and feelings of others.	1	2	3	4	5
23.	The school can help us learn to express our emotions in non-violent way.	1	2	3	4	5