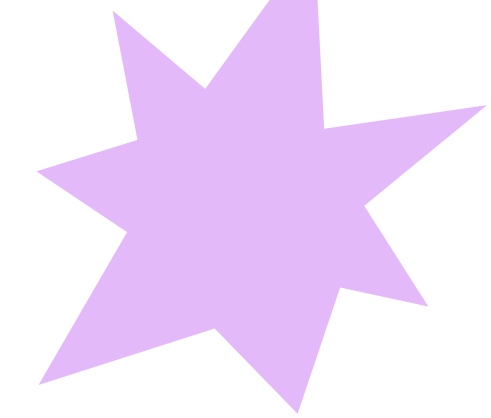


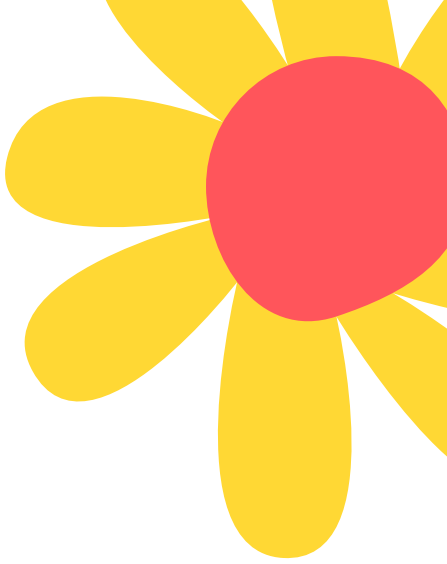
情緒觀測站

情緒調色盤





yellow



red



blue



angry

happy



sad



發生什麼事情的時候
他會出現在你的大腦總部裡？





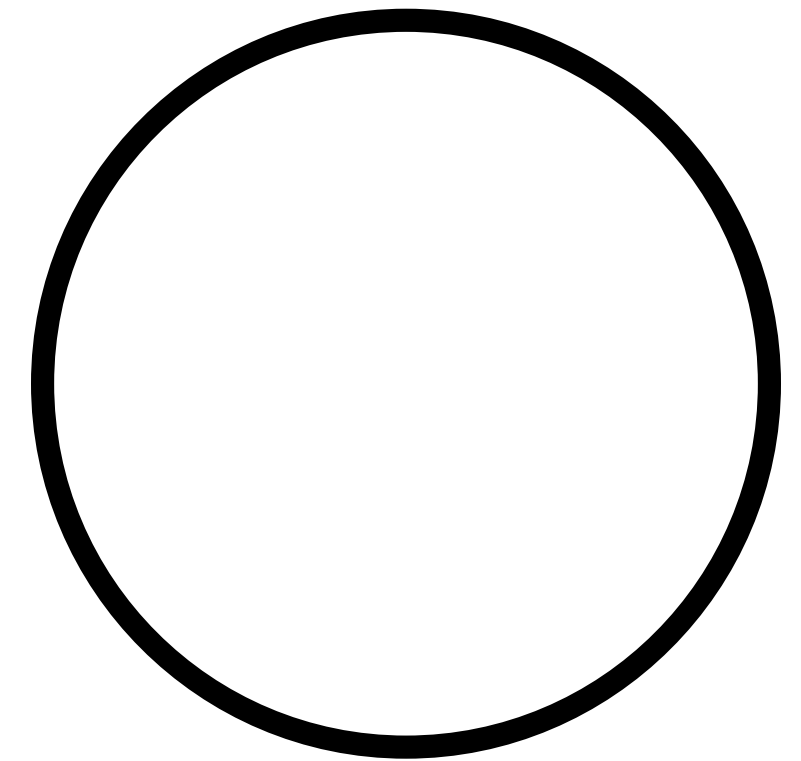
angry 生氣



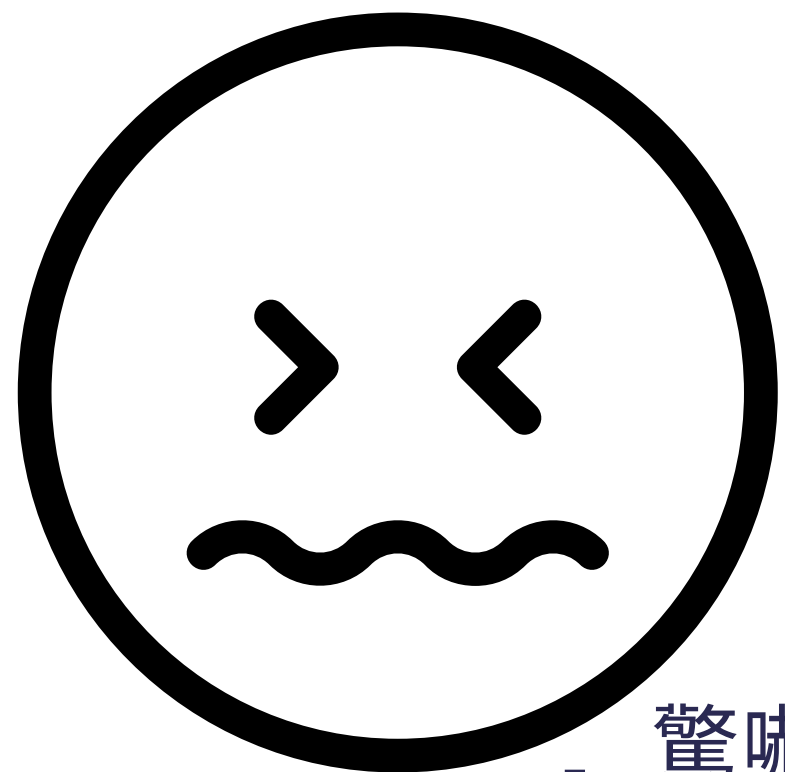
sad 難過



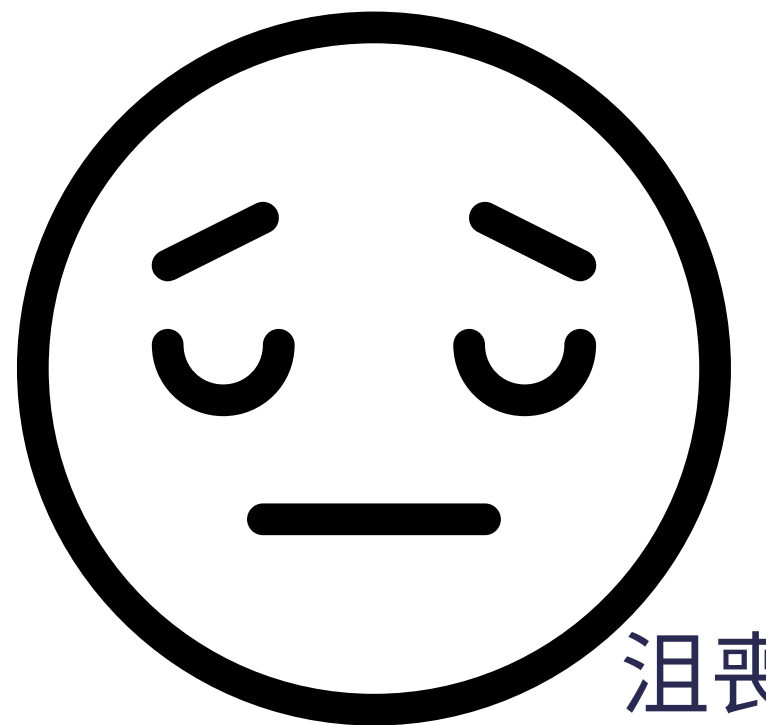
OK 還好



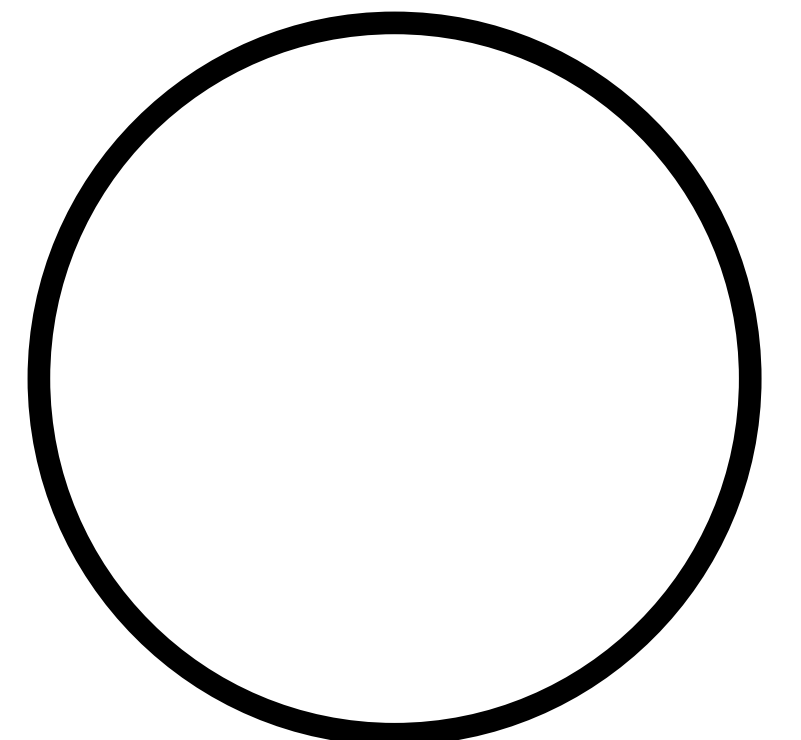
happy 開心

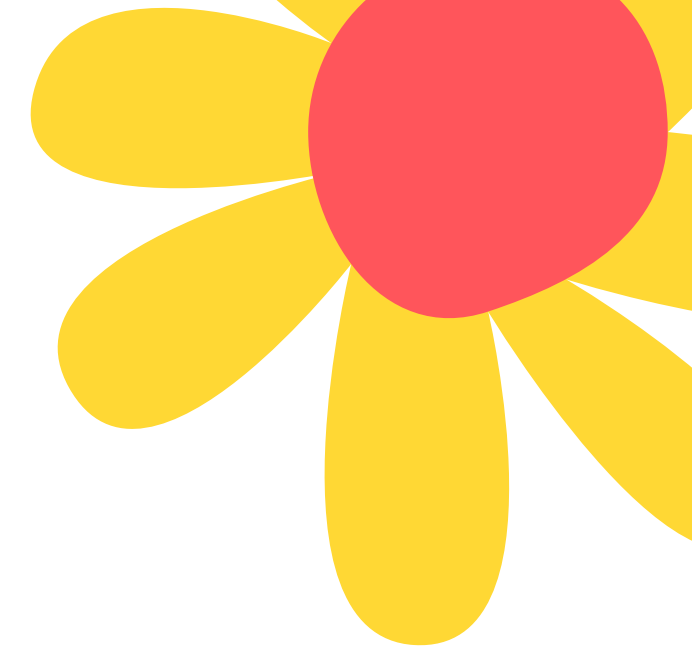
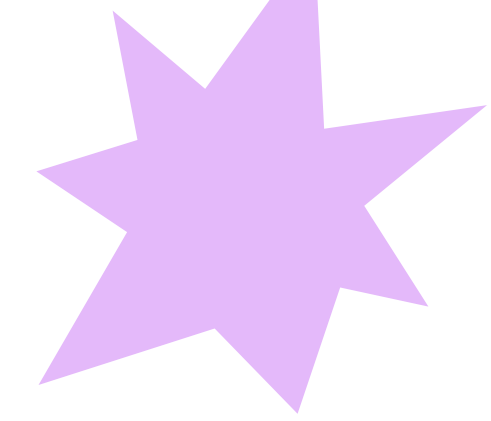


scared 驚嚇

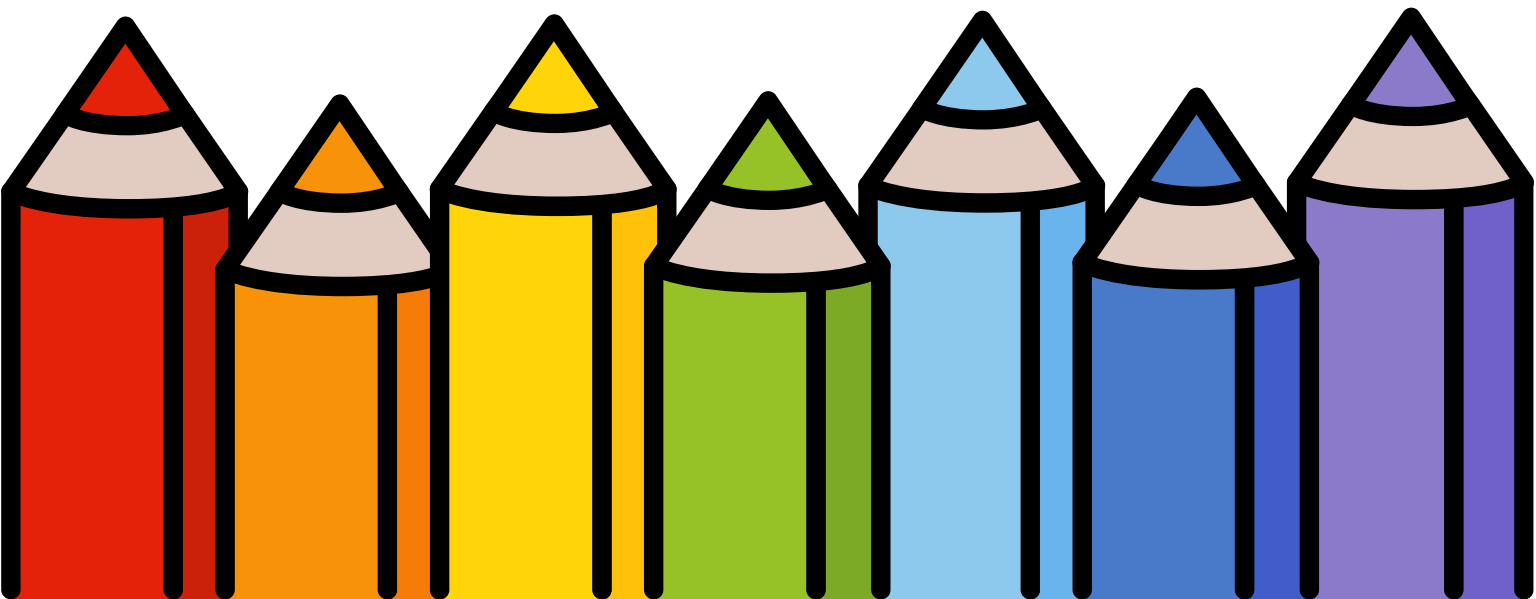


upset 沮喪

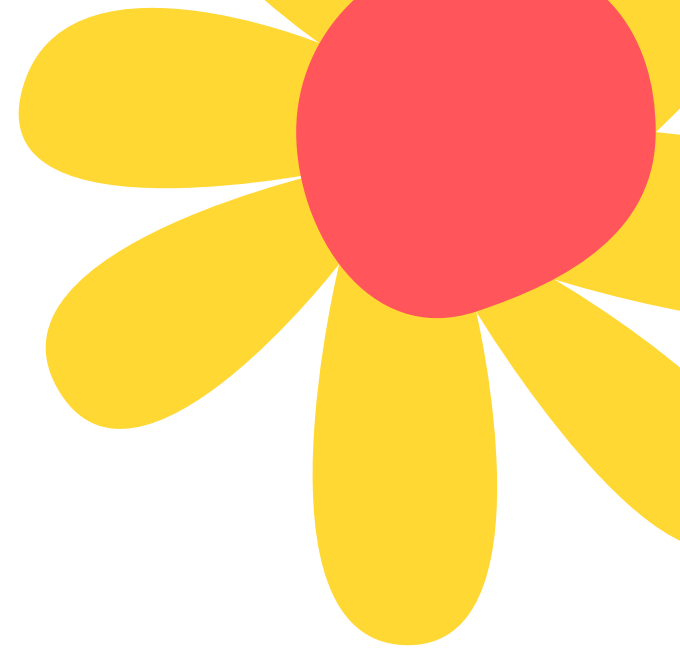
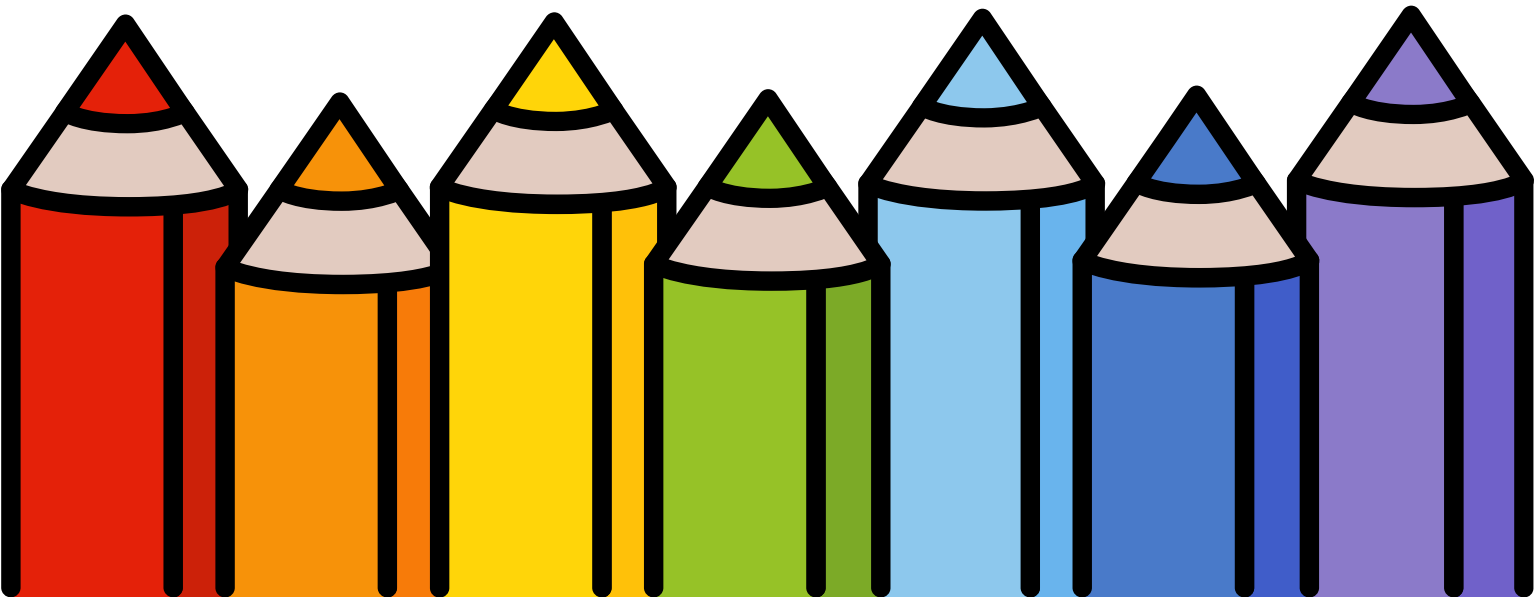




When I am (),
I am angry.



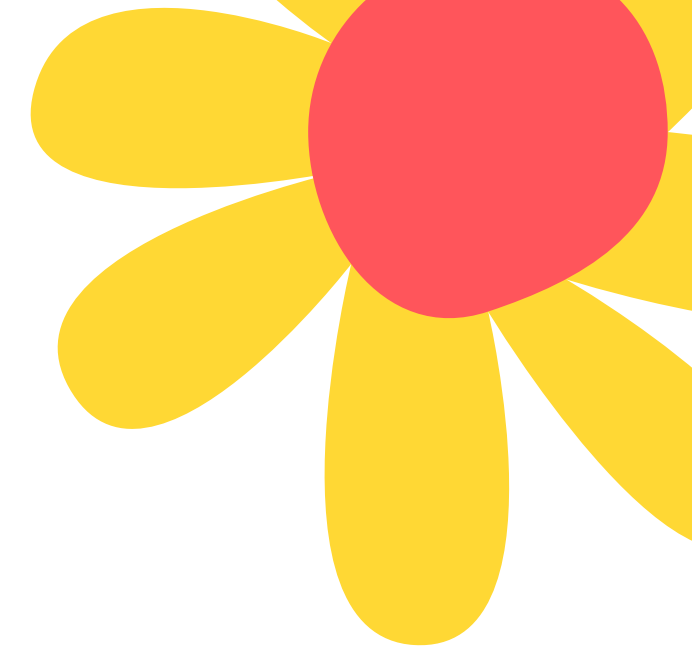
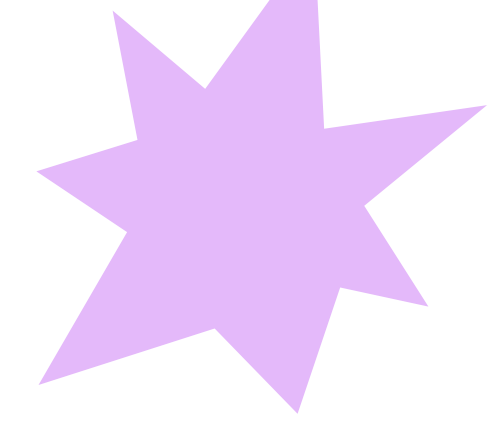
請塗上顏色



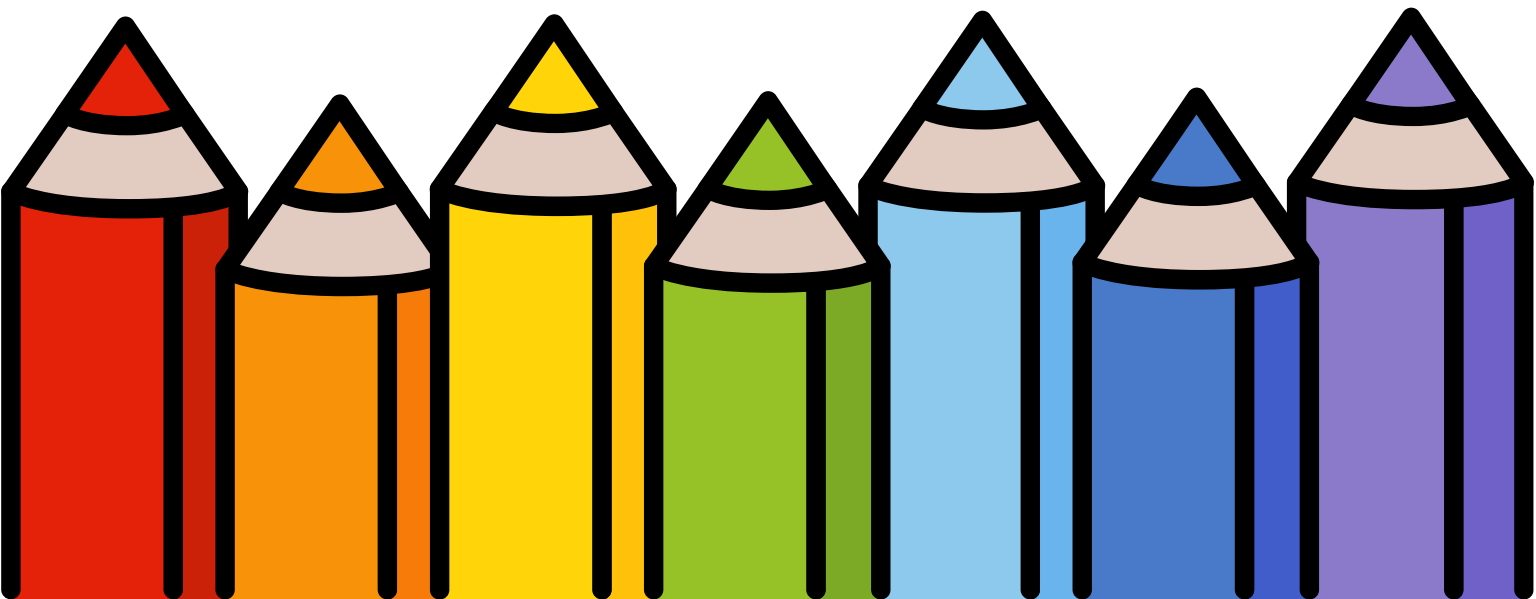
什麼事情會讓你感到生氣？

What makes you angry?





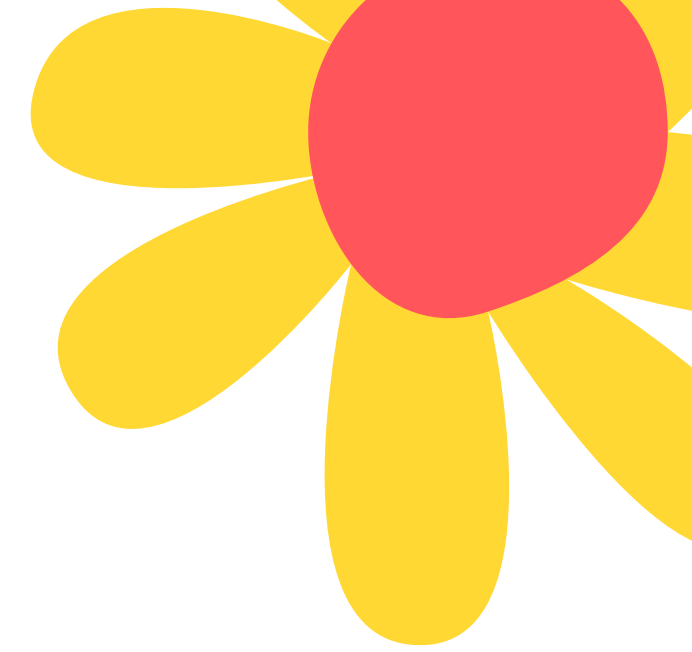
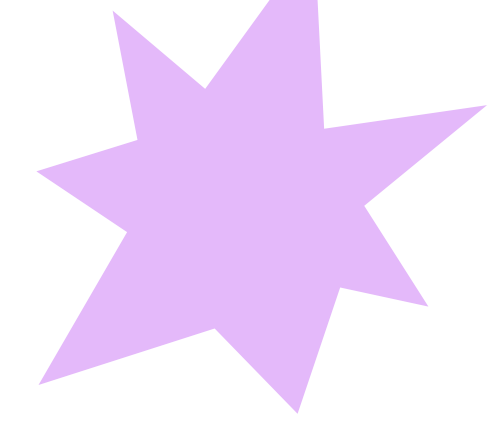
When I am (),
I am sad.



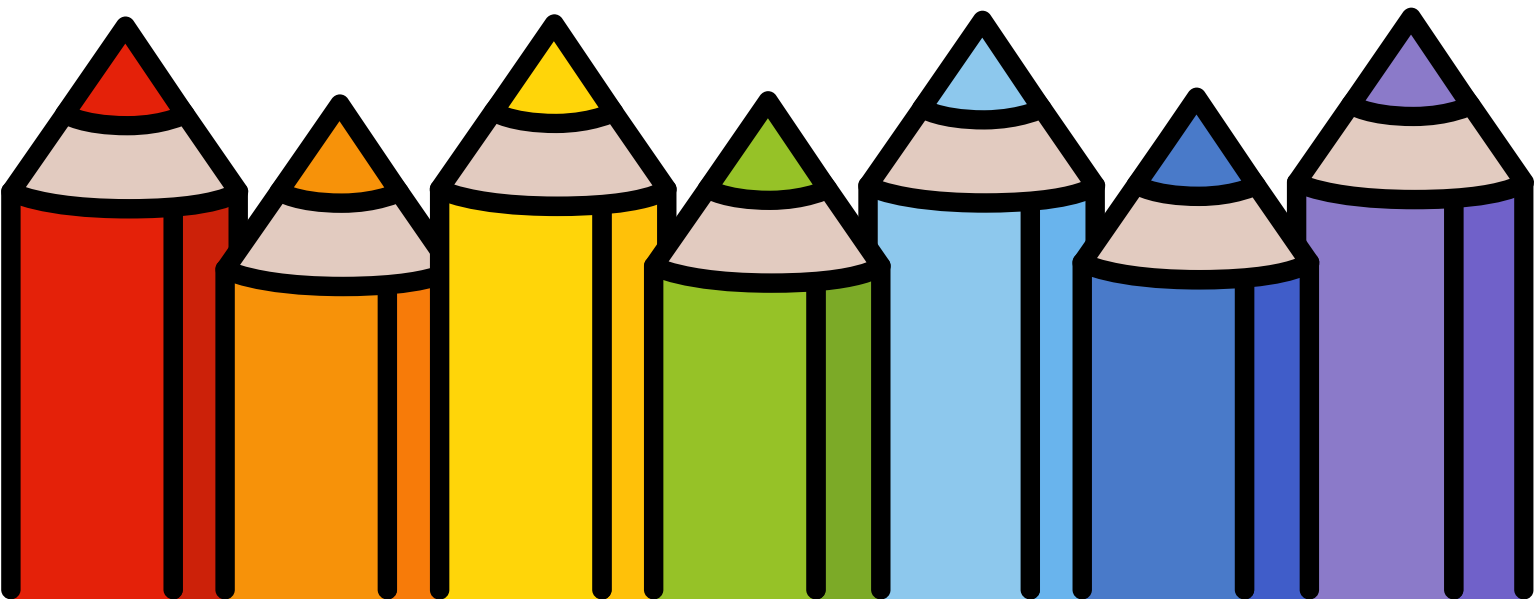
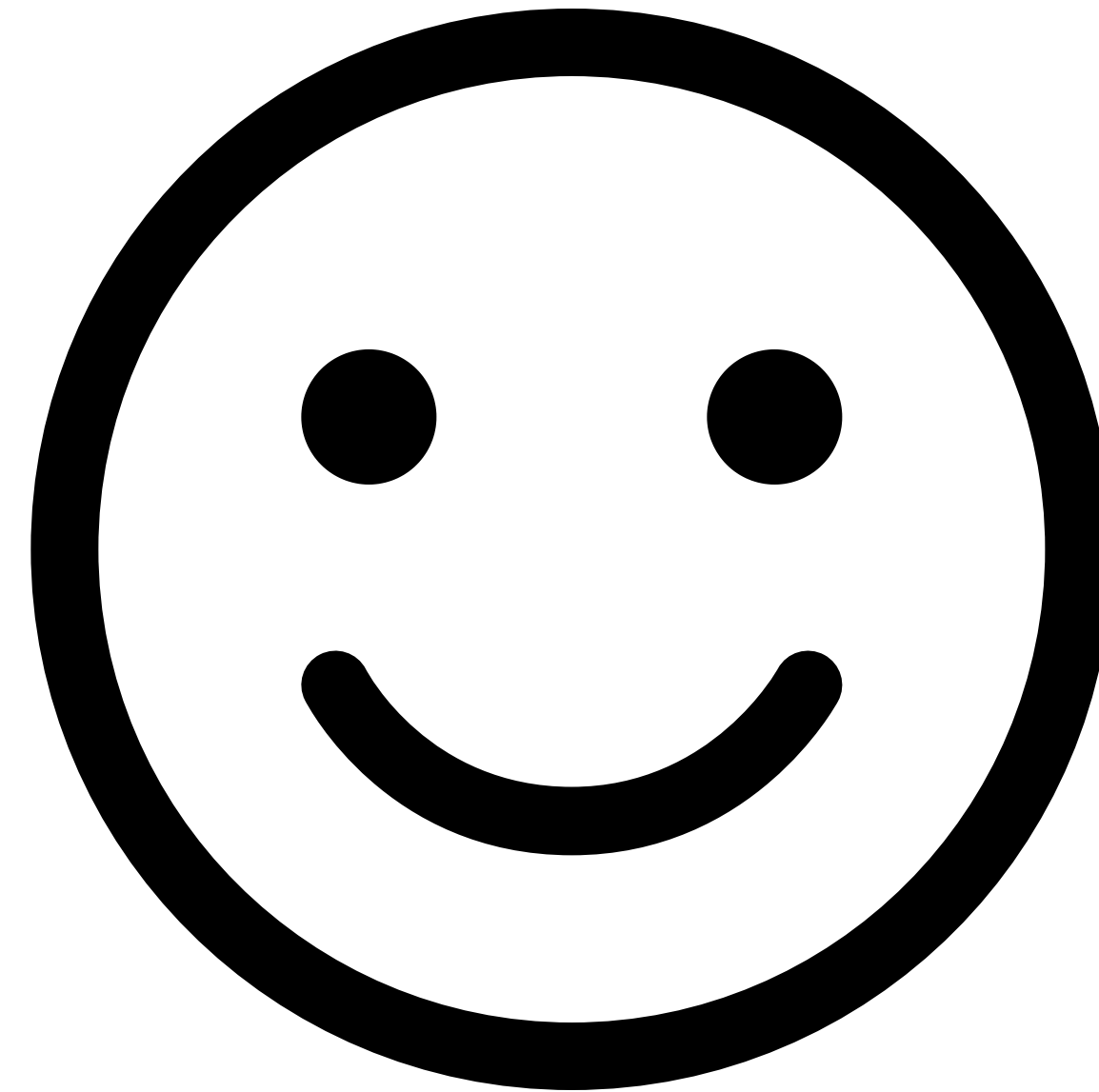
什麼事情會讓你感到難過？

What makes you sad?





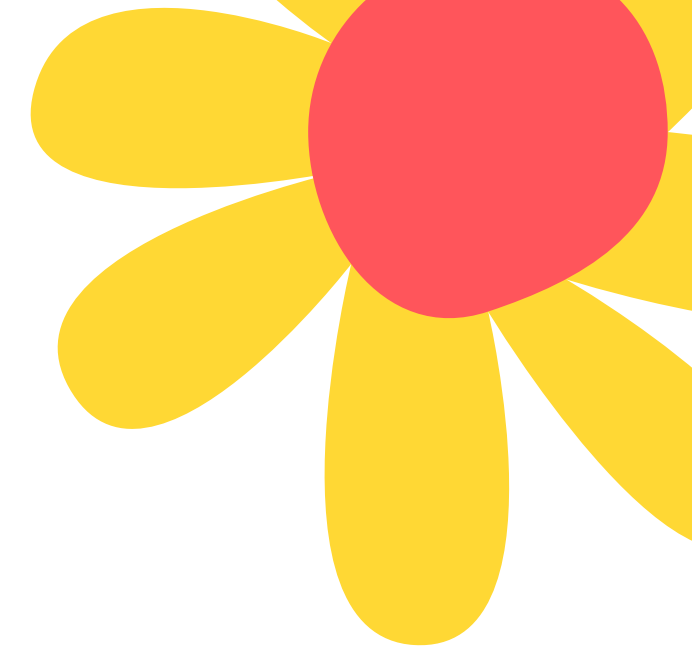
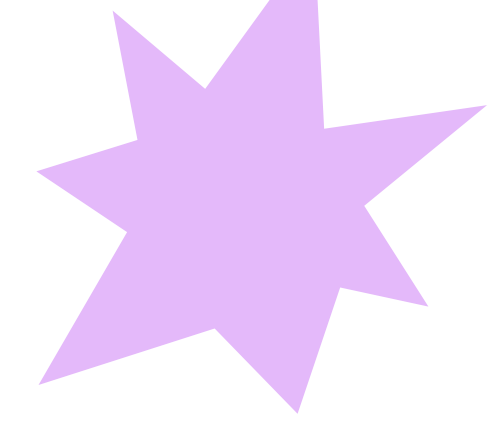
When I am (),
I am OK.



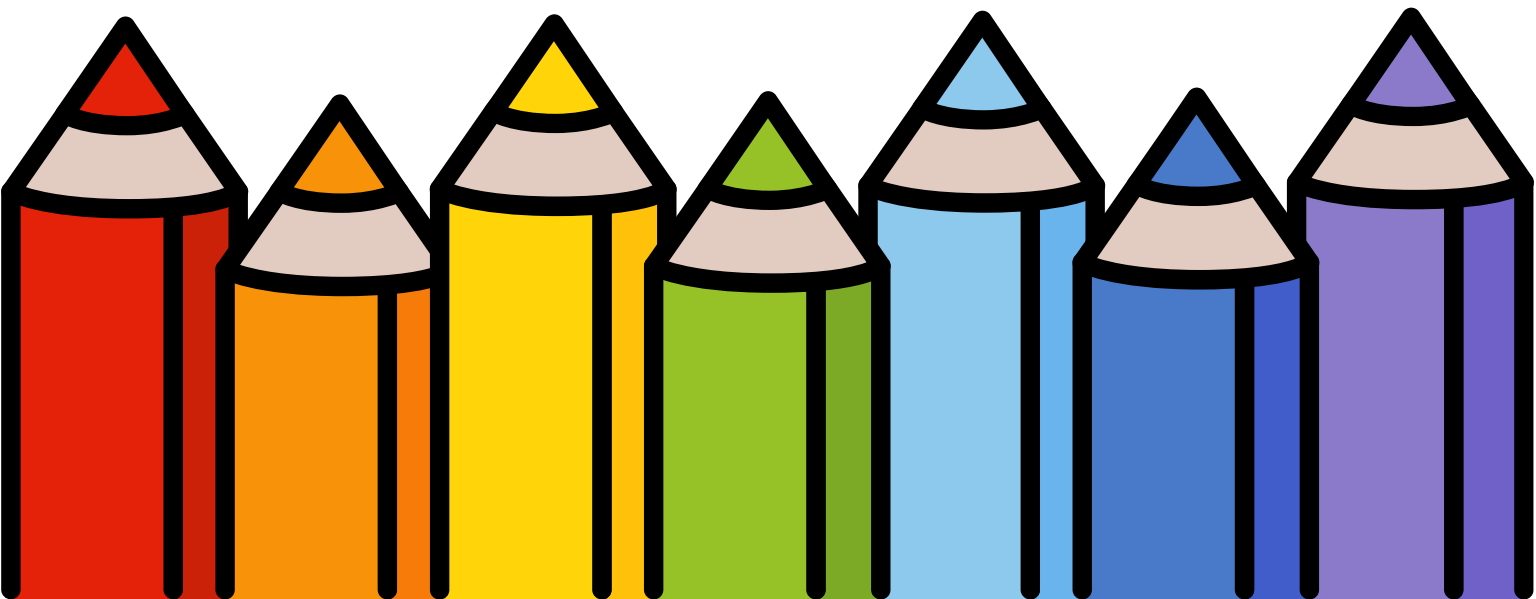
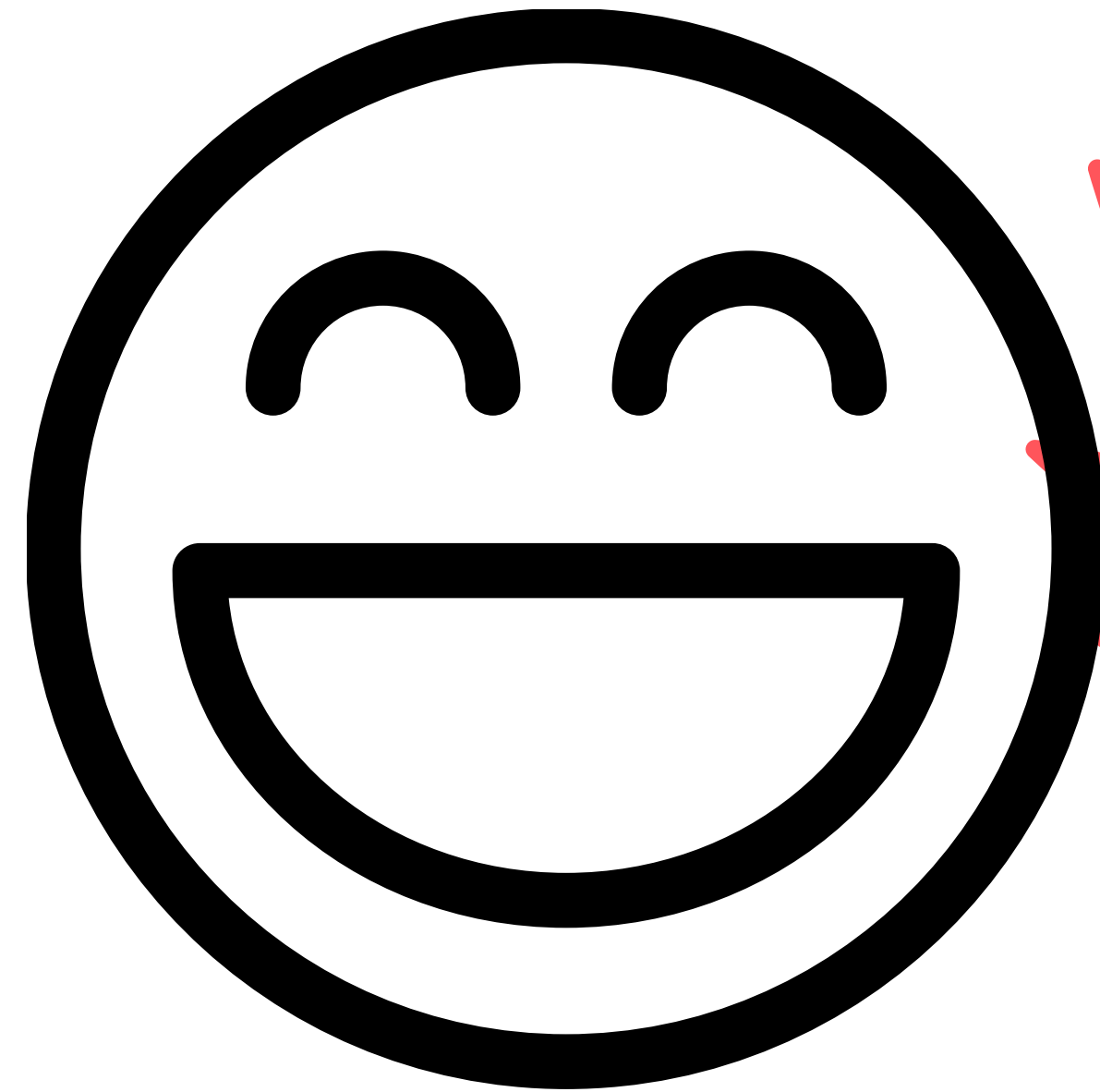
什麼事情會讓你感到舒服？

What makes you feel OK?





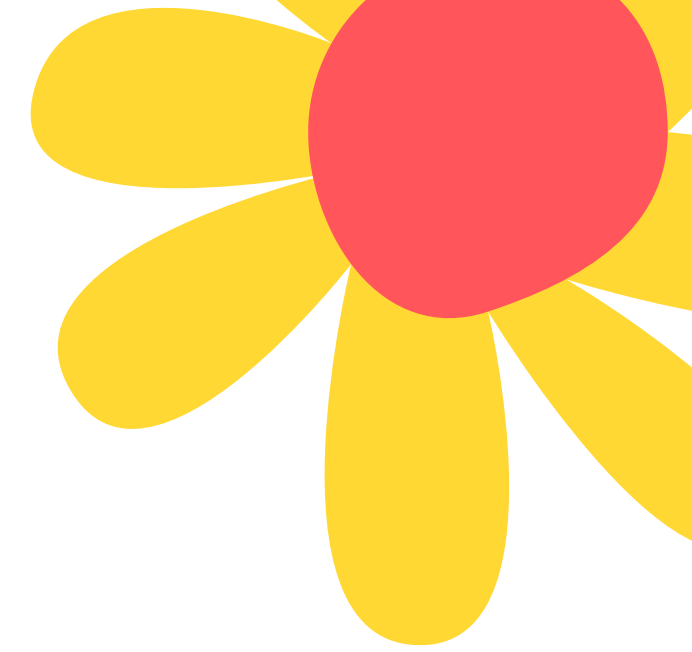
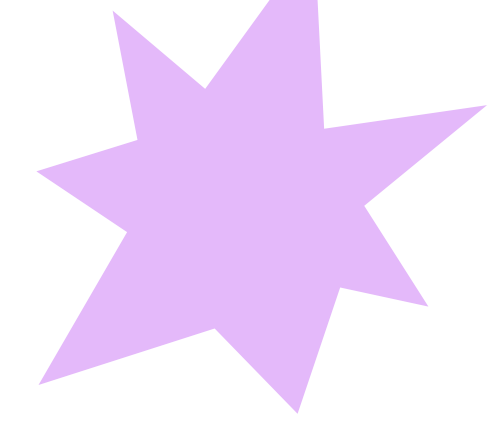
When I am (),
I am happy.



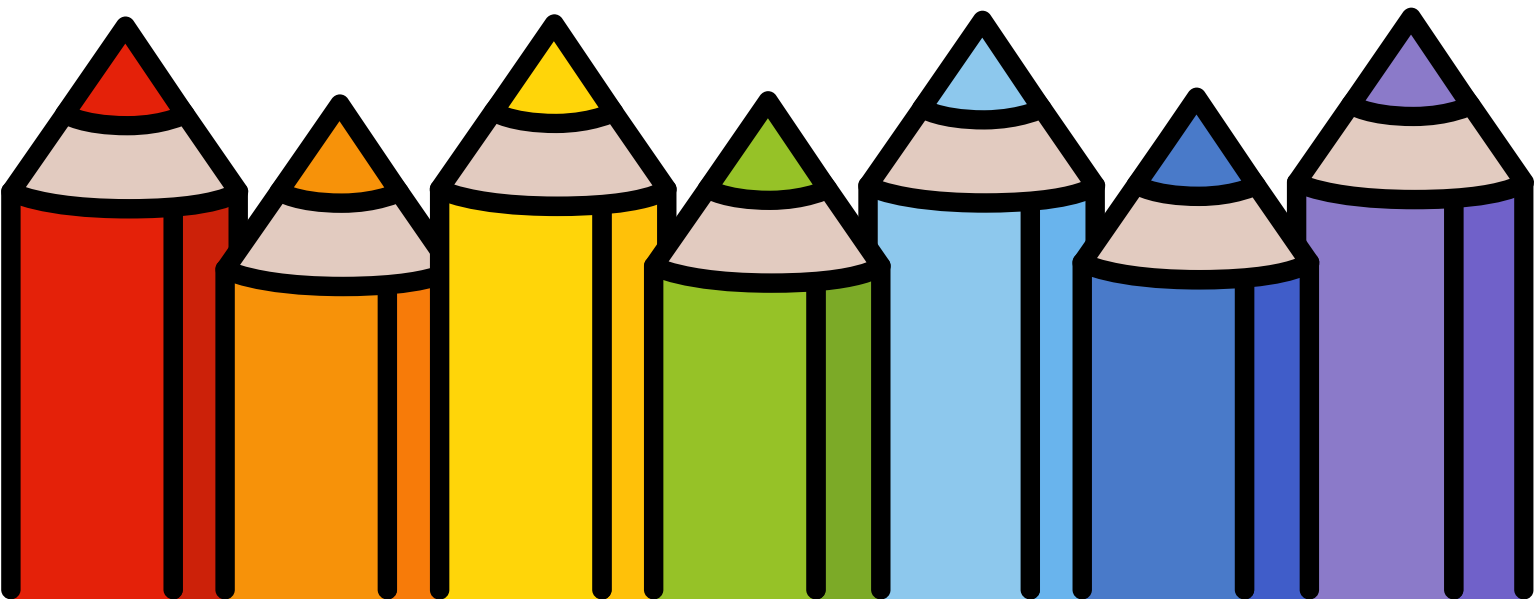
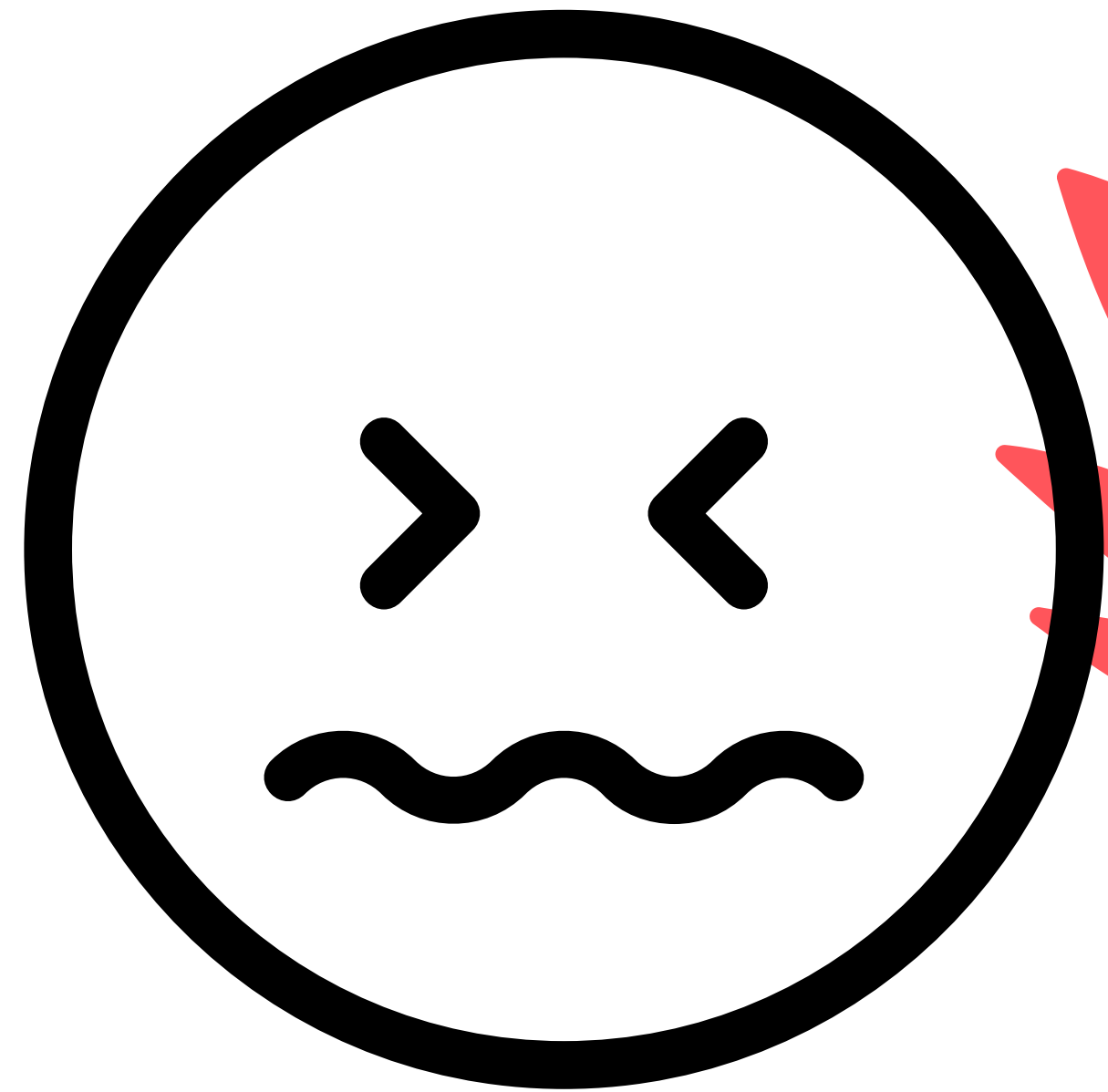
什麼事情會讓你感到開心？

What makes you happy?



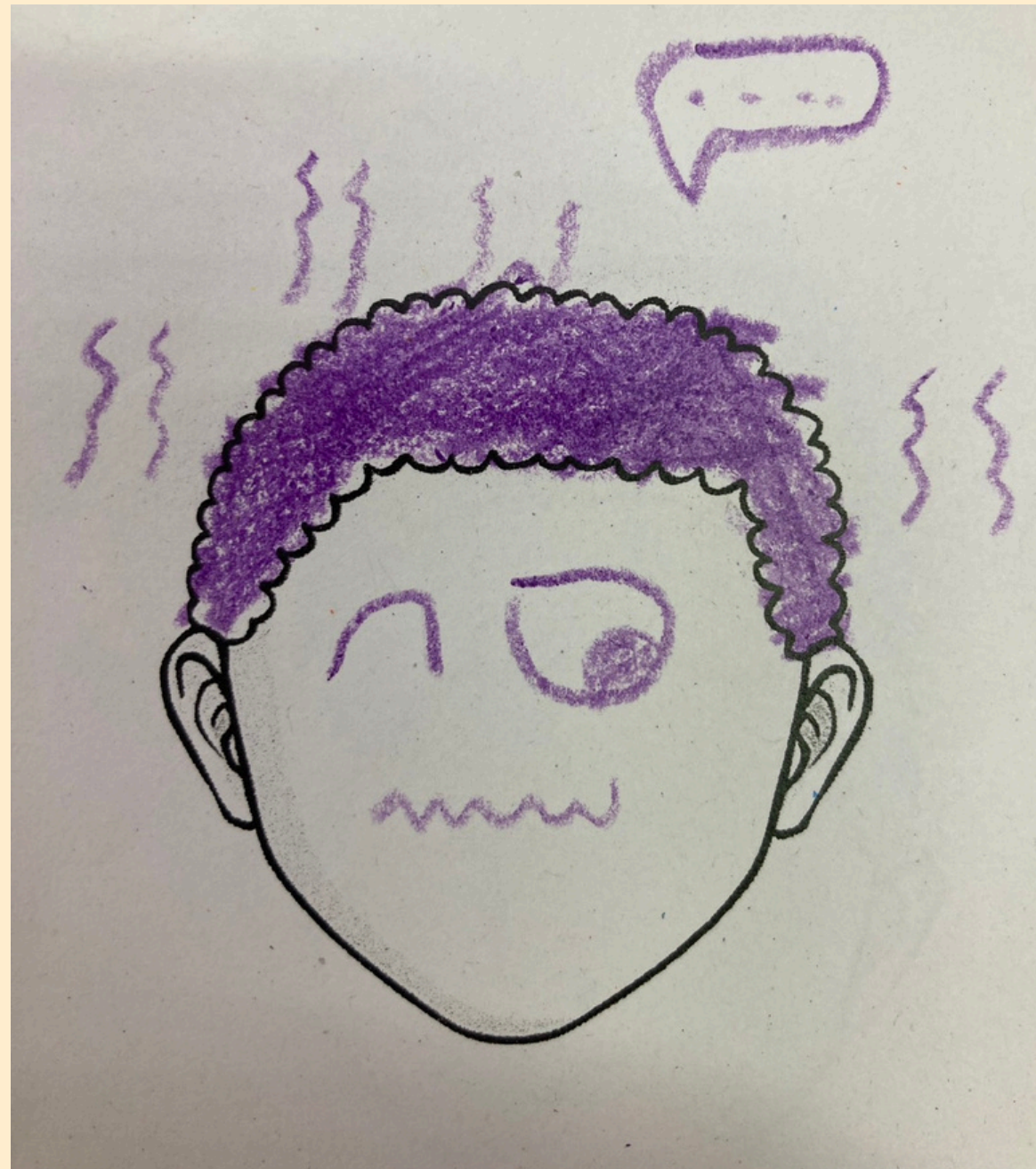


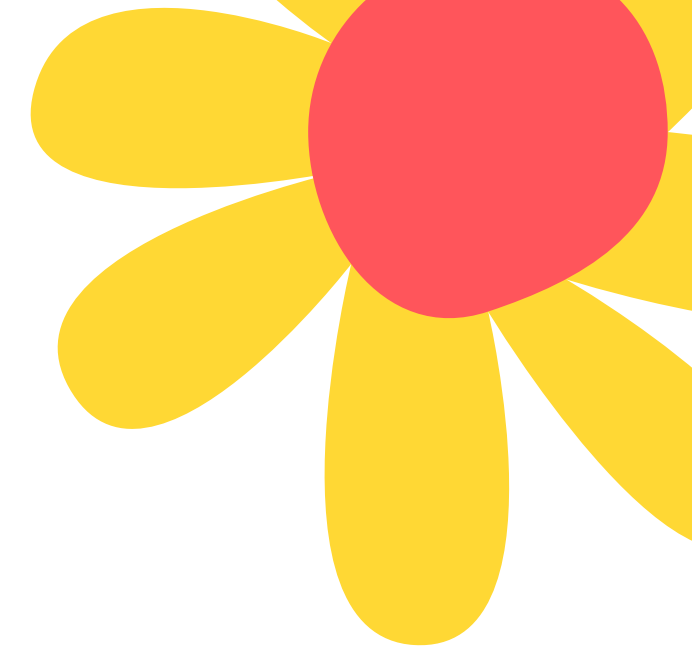
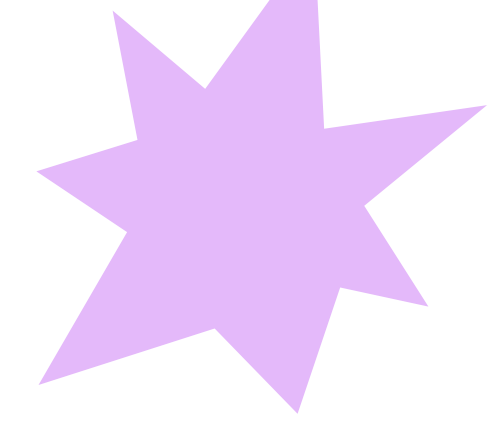
When I am (),
I am scared.



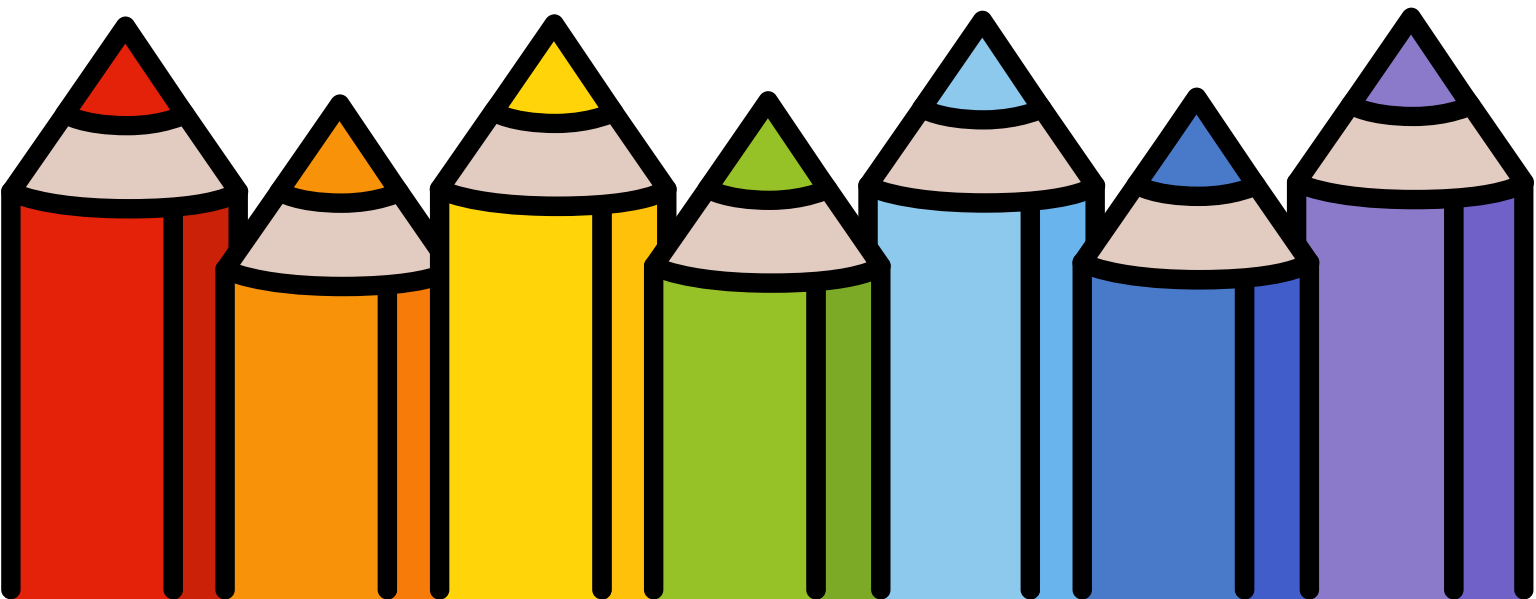
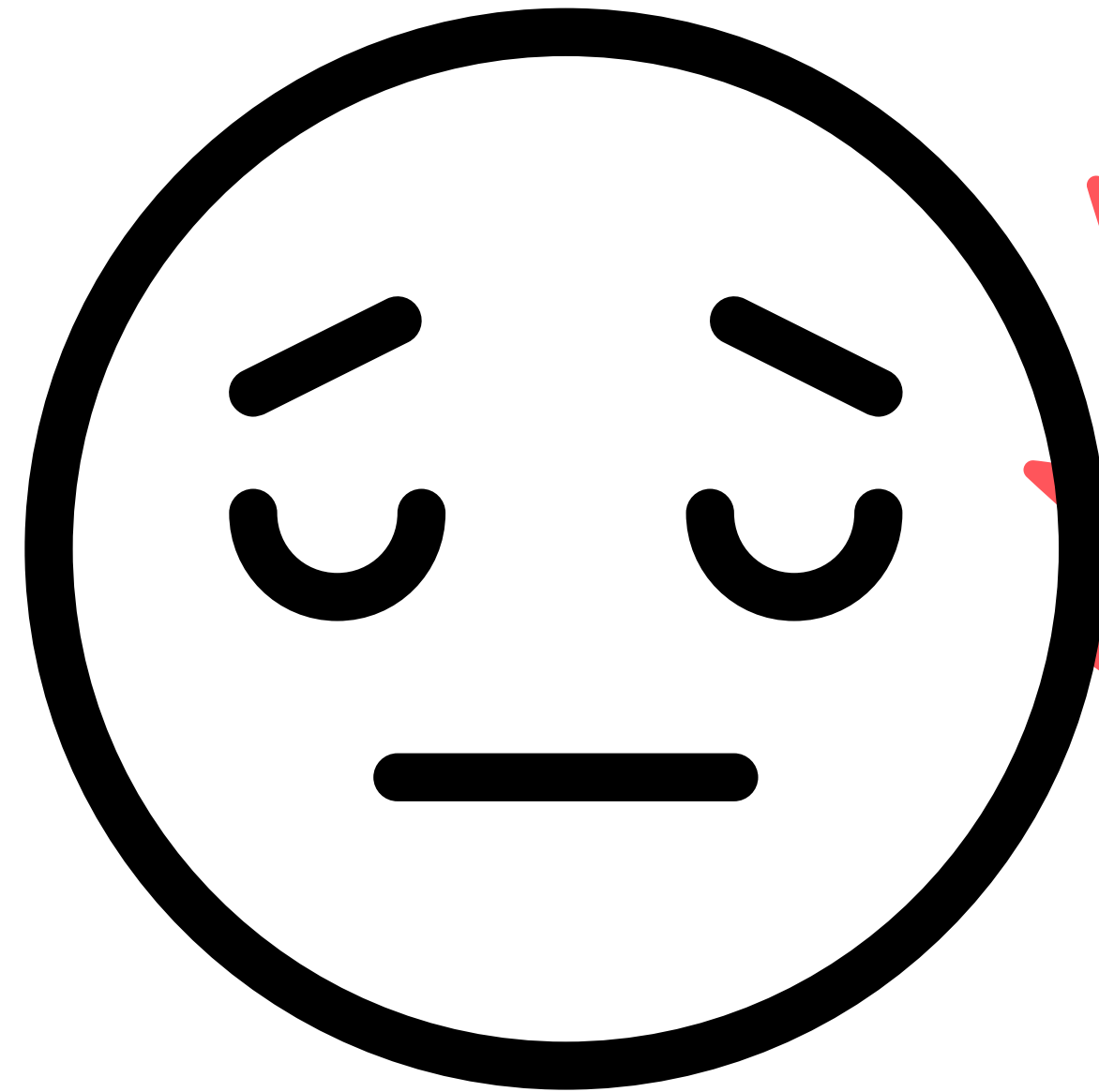
什麼事情會讓你感到驚嚇？

What makes you scared?



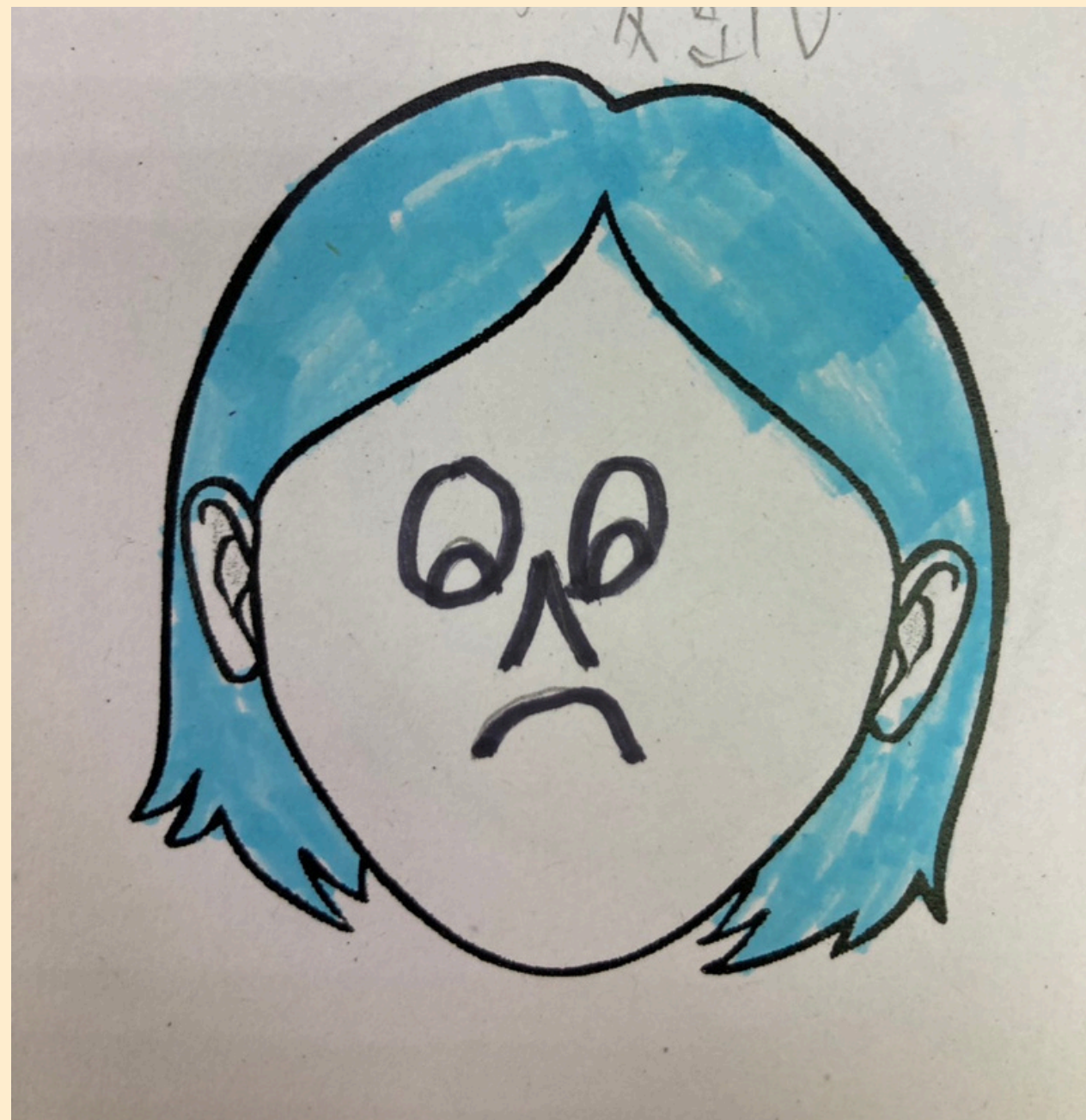


When I am (),
I am upset.



什麼事情會讓你感到沮喪？

What makes you upset?

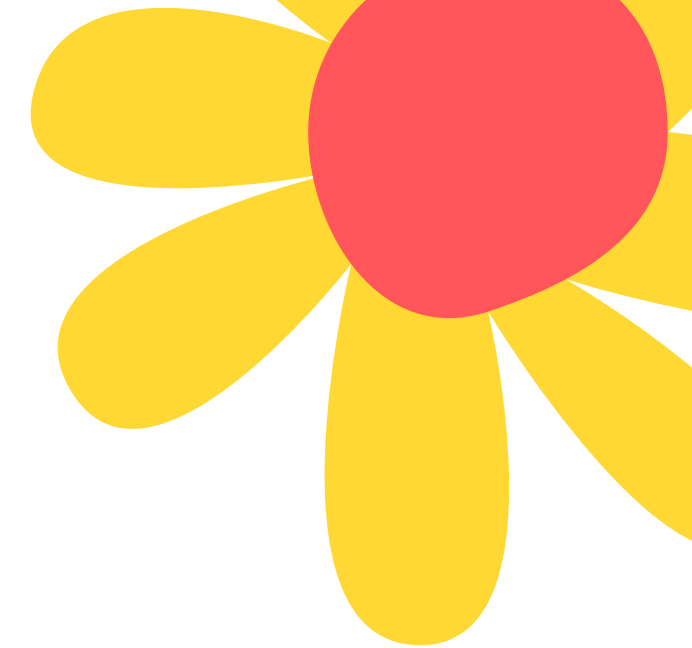


你還有其他的情緒嗎？





每人所產生的
情緒不同，每
個人的情緒代
表顏色也不相
同喔！**勇敢說
出自己的情緒**

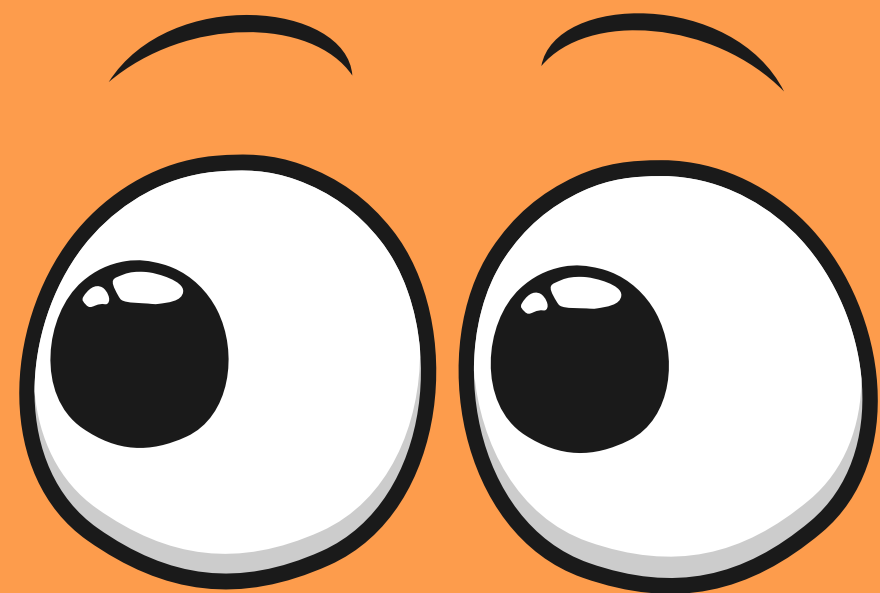


情緒碰碰樂



Let's see a video



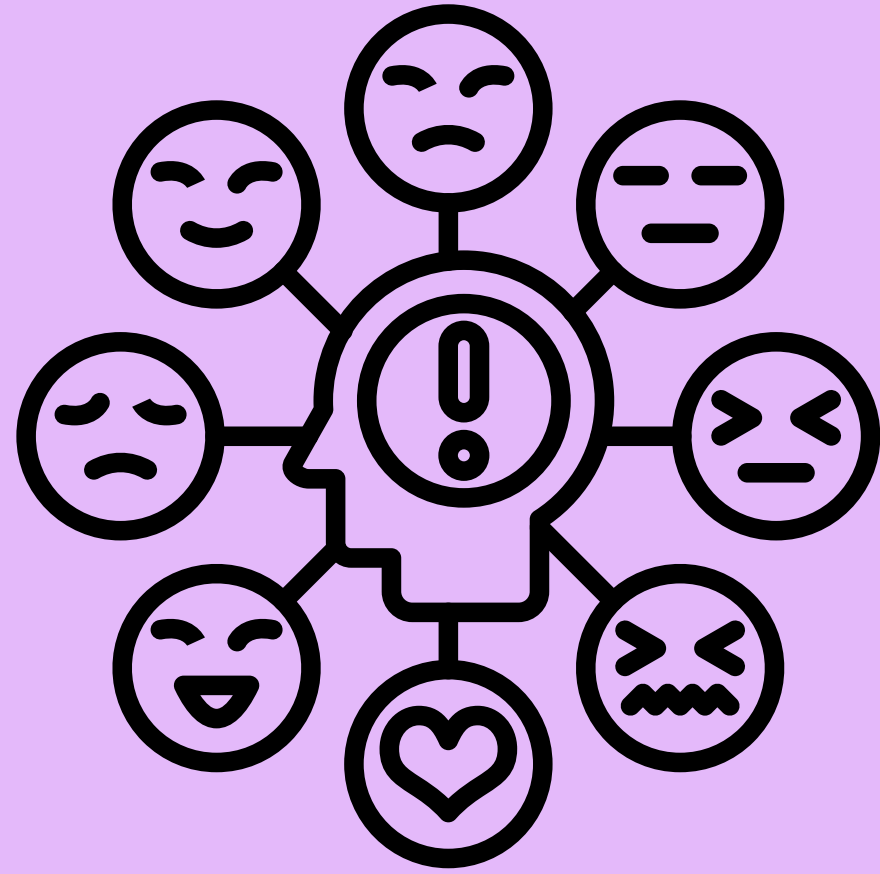


What do you see?



What do you hear?

Fact
事實



How do you feel?



Feeling
感受

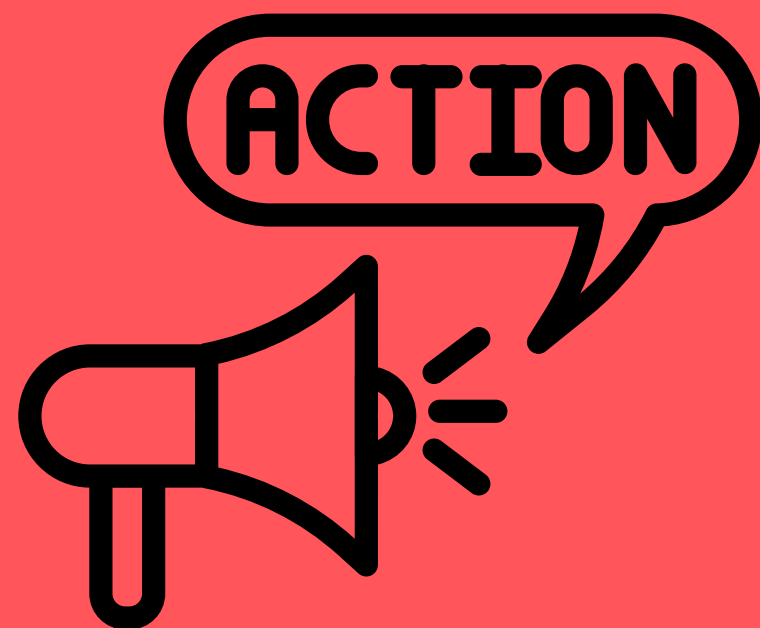


**How do you think
about it?**



Finding
發現

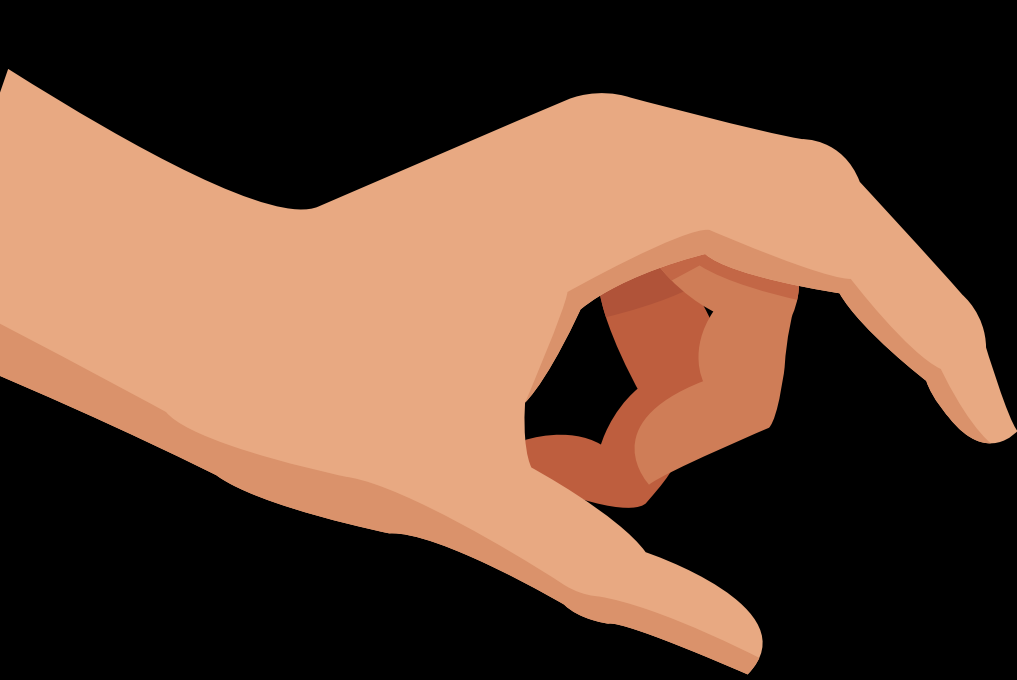




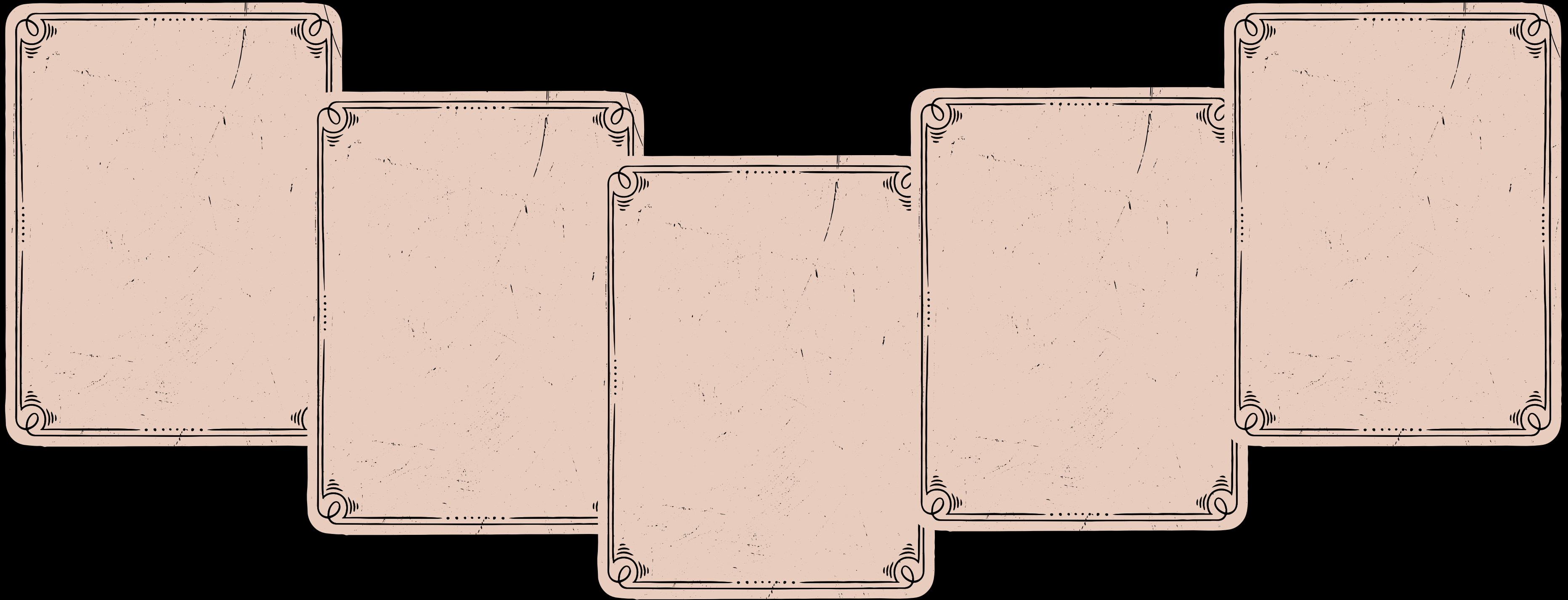
What can you do?



Future
未來



Pick up one card



媽媽要我陪
弟弟玩，可
是弟弟每次
都不遵守遊
戲規則。

我想學溜直排
輪，但爸爸叫
我去補習英語

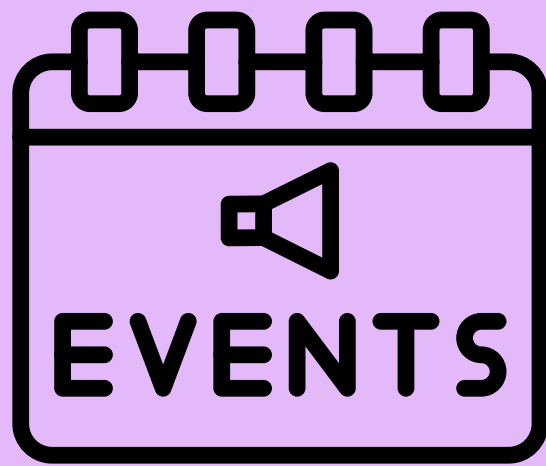
姊姊的玩偶不
見了，但誤會
是被我藏起來
的

全班都不會
的問題，只
有我想到答
案。

作業很多，
寫都寫不完

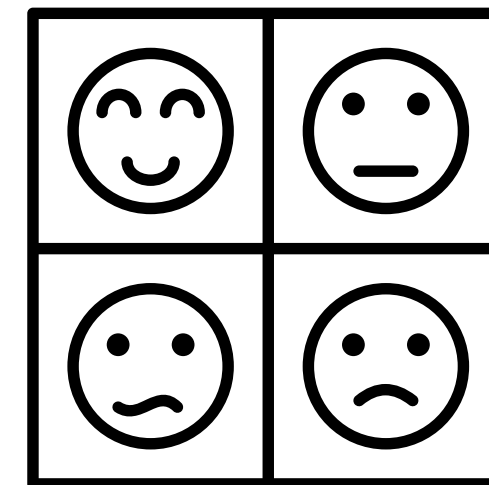
How do you feel ?





事件

同學沒有經過我的同意，就
拿走我的筆

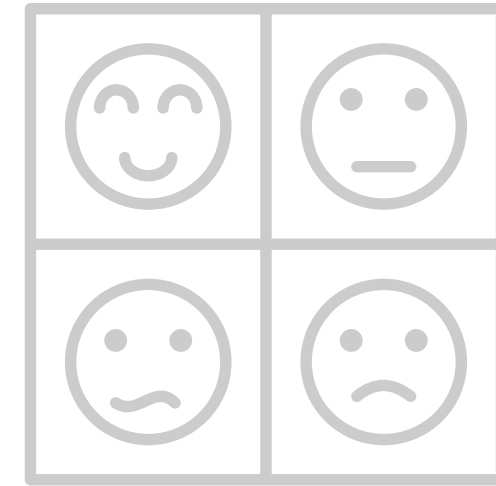


情緒



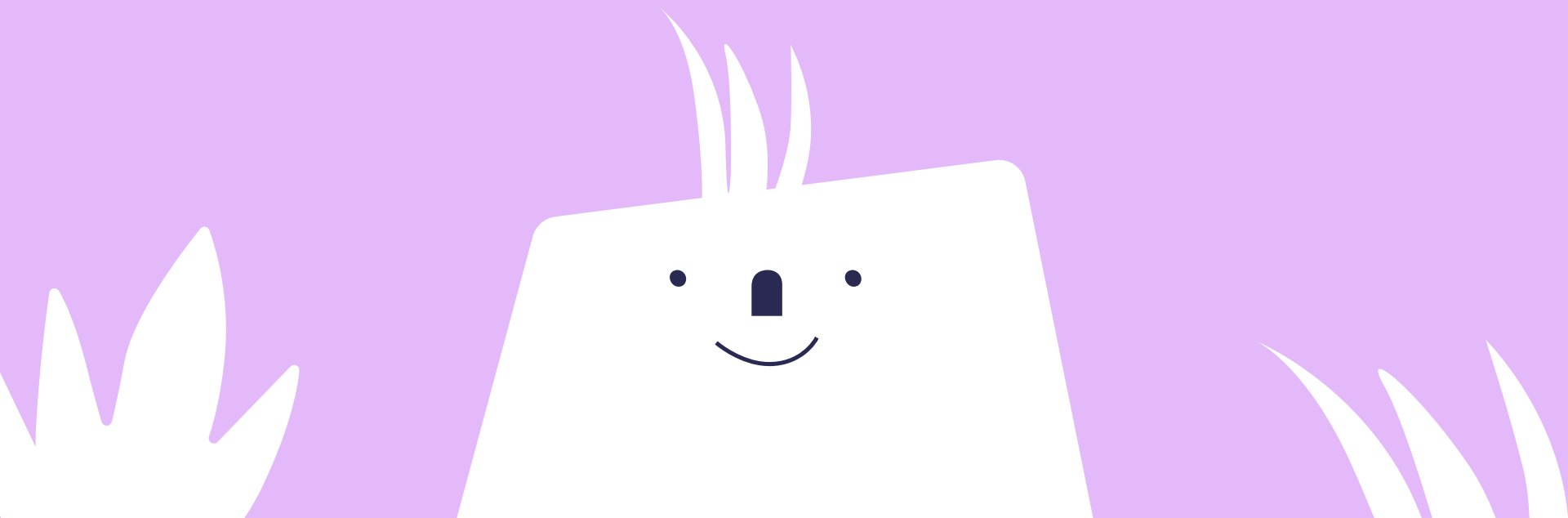
我感覺....

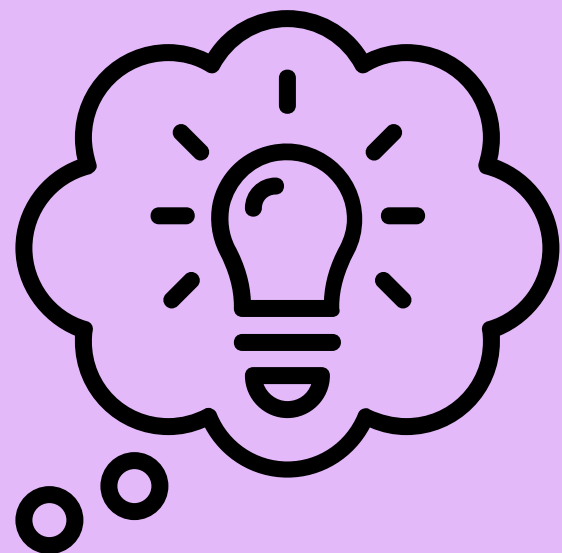
同學沒有經過我的同意，就
拿走我的筆



情緒

我感覺....很生氣！



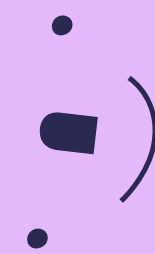


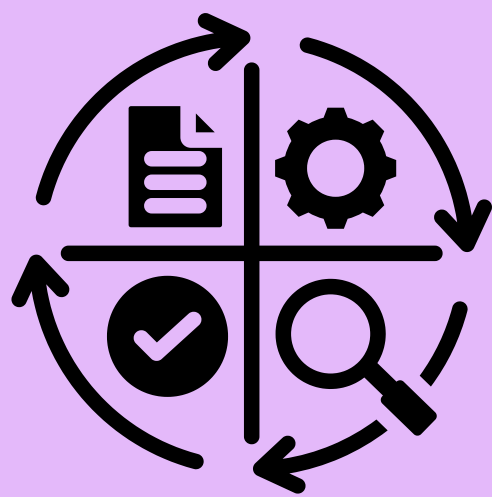
想法



應該是....

他應該是想借筆的
時候，剛好我不在
位置上，他就直接
拿走了



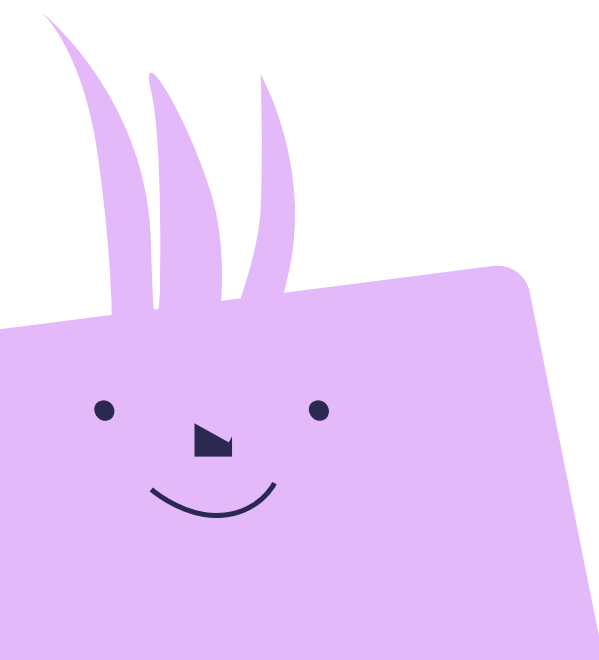
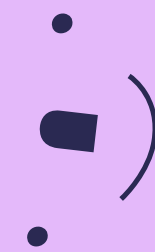


反應



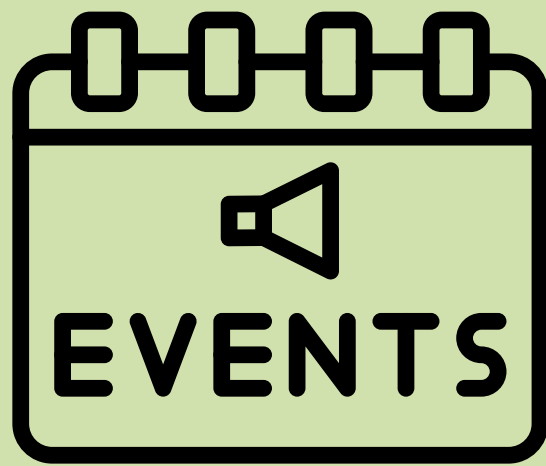
我會....

跟他說，下次要問
過我，才能拿走





How do you feel ?



事件

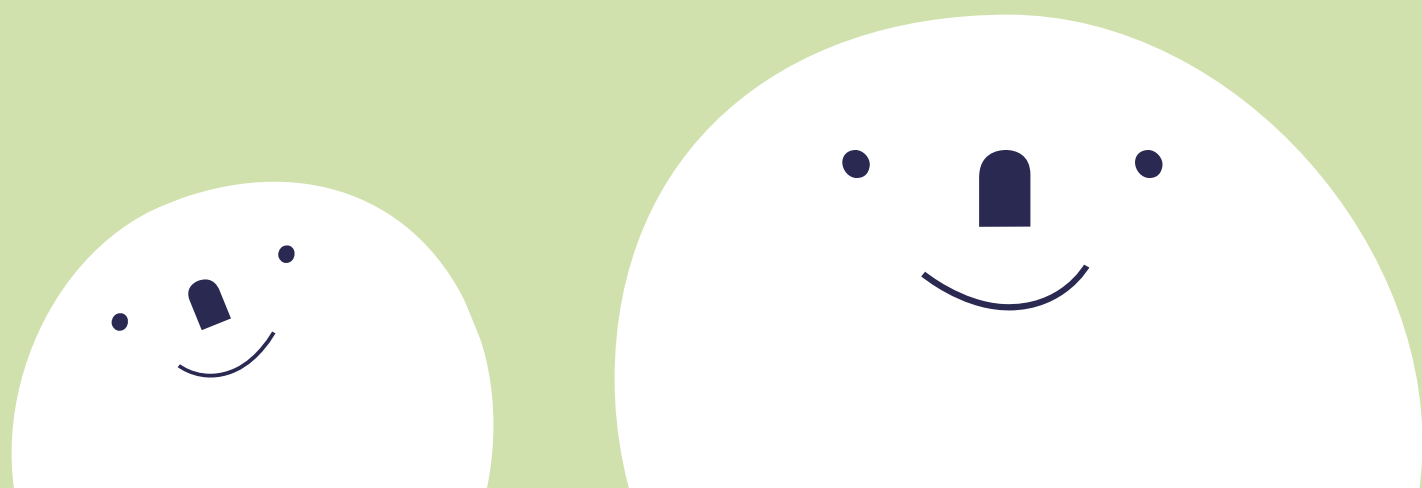
媽媽要我陪弟弟玩，可是弟弟每次都不遵守遊戲規則。

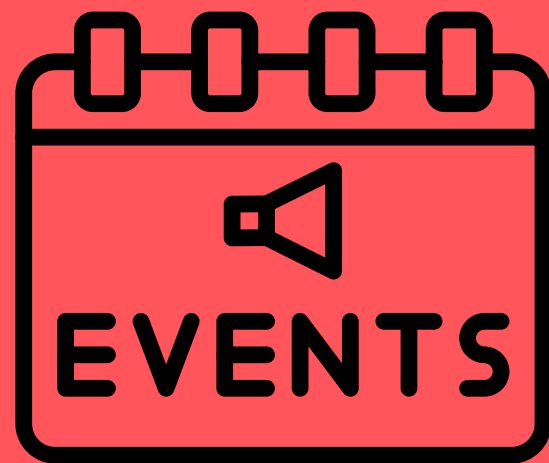
我覺得.....

應該是.....



我會.....





事件

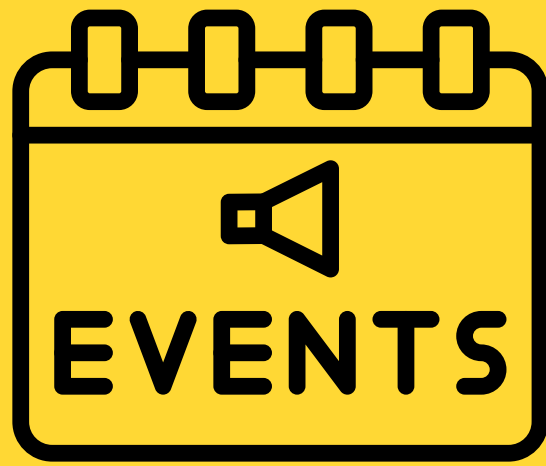
我想學溜直排輪，但爸爸叫
我去補習英語

我覺得.....

應該是.....



我會.....



事件

姊姊的玩偶不見了，但誤會
是被我藏起來的

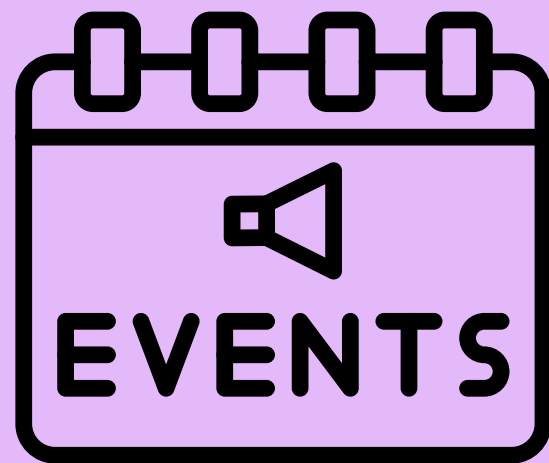


我覺得.....

應該是.....



我會.....



事件

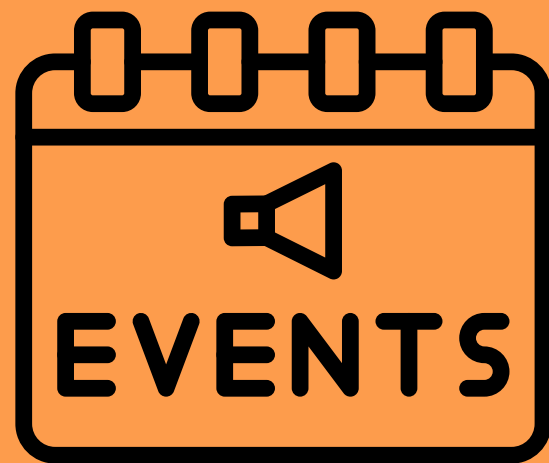
全班都不會的問題，只有我
想到答案。

我覺得.....

應該是.....



我會.....



事件

作業很多，寫都寫不完

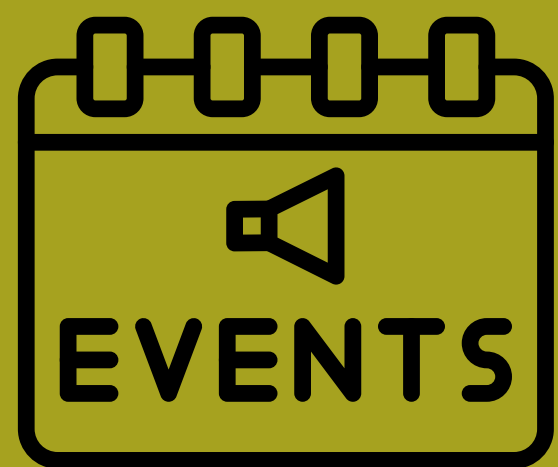


我覺得.....

應該是.....



我會.....



事件



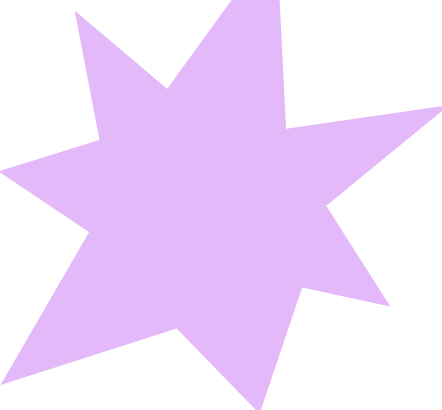
情緒



想法



反應



告訴別人自己的感受與想法

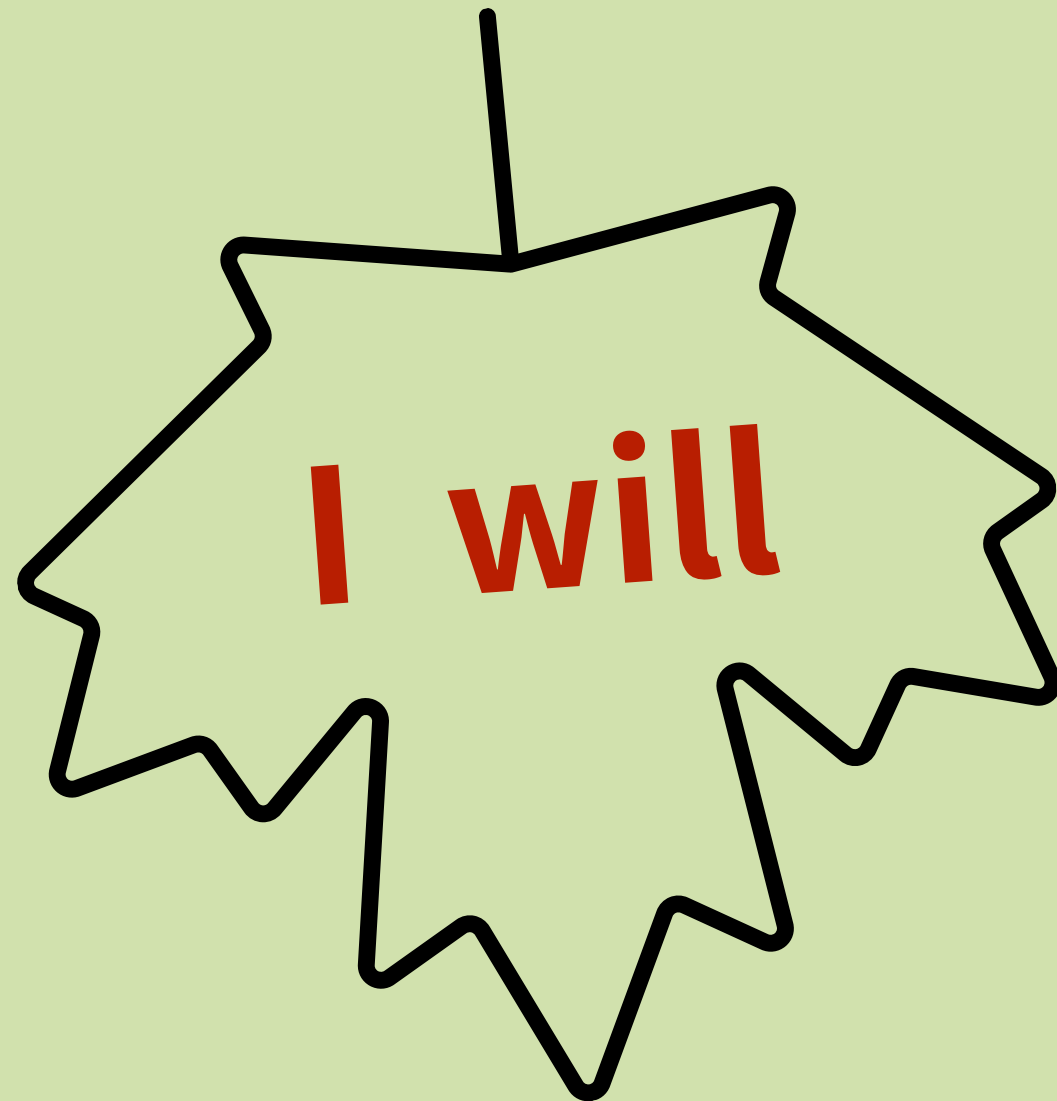


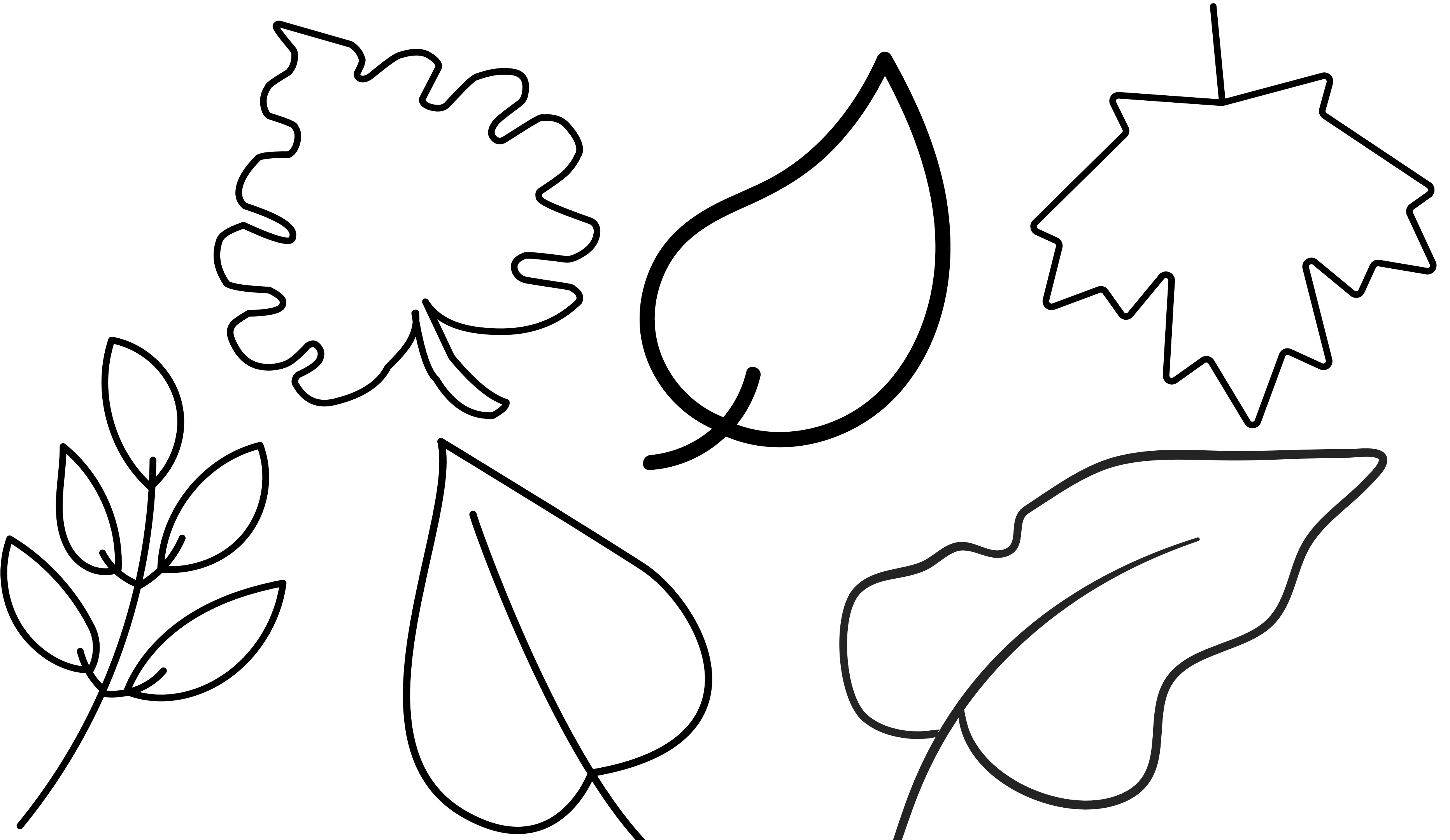
開心時，也要注意自己的行為會不會影響別人

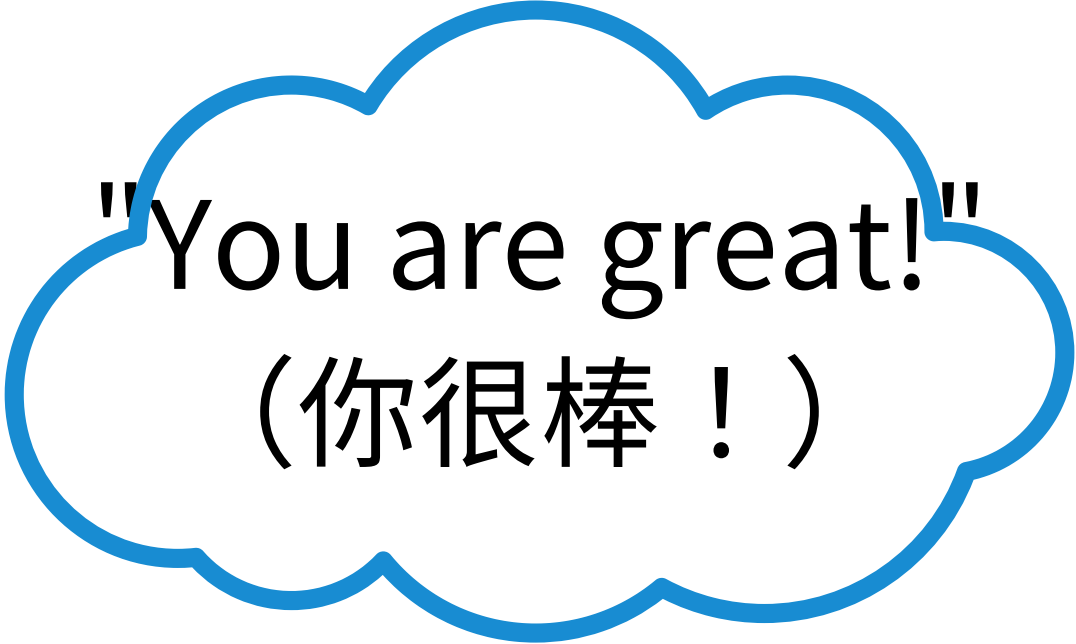


生氣時，先幫自己冷靜下來









"You are great!"
(你很棒!)

"Keep going!"
(繼續加油!)



"Don't give up!"
(不要放棄!)

"You are smart!"
(你很聰明!)

"You are smart!"
(你很聰明!)



"Good job!"
(做得好!)

"You are so brave!"
(你很勇敢!)



"Keep smiling!"
(保持微笑!)

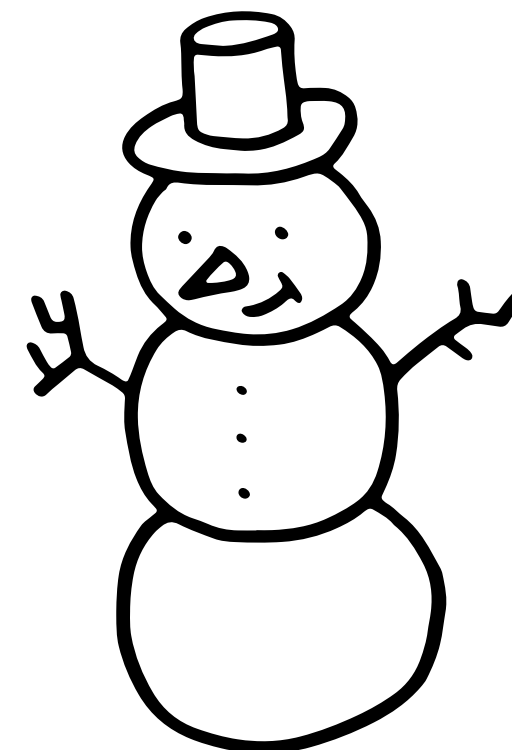
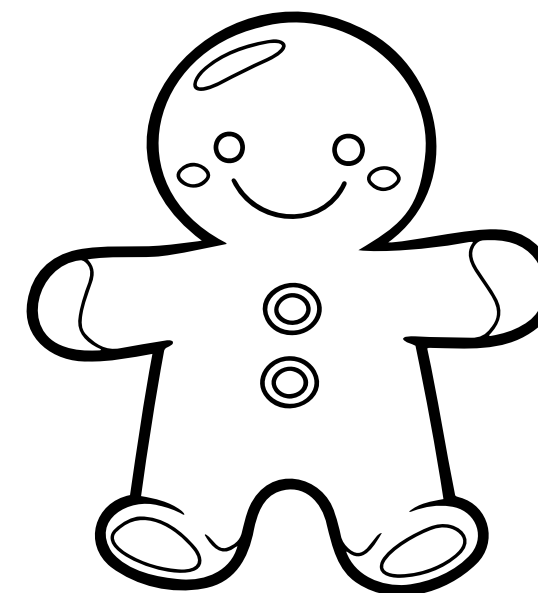
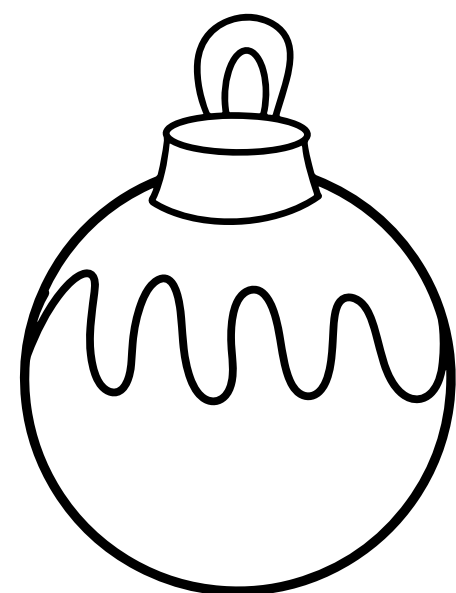
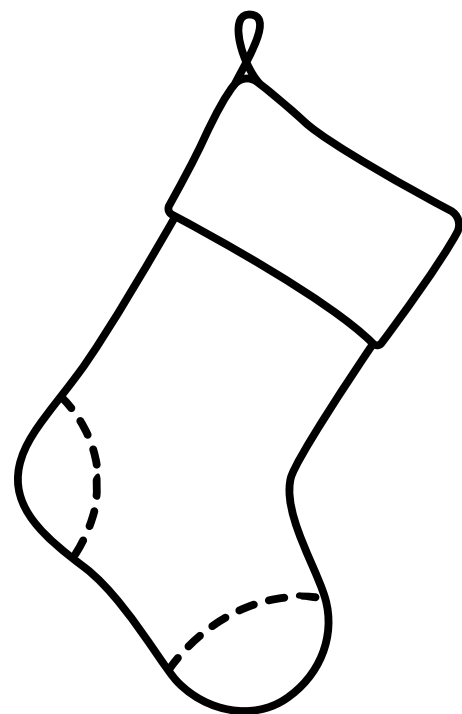
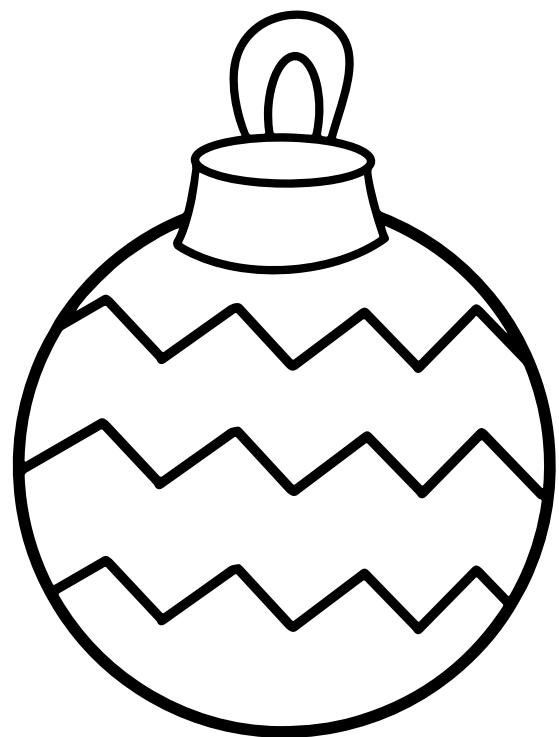


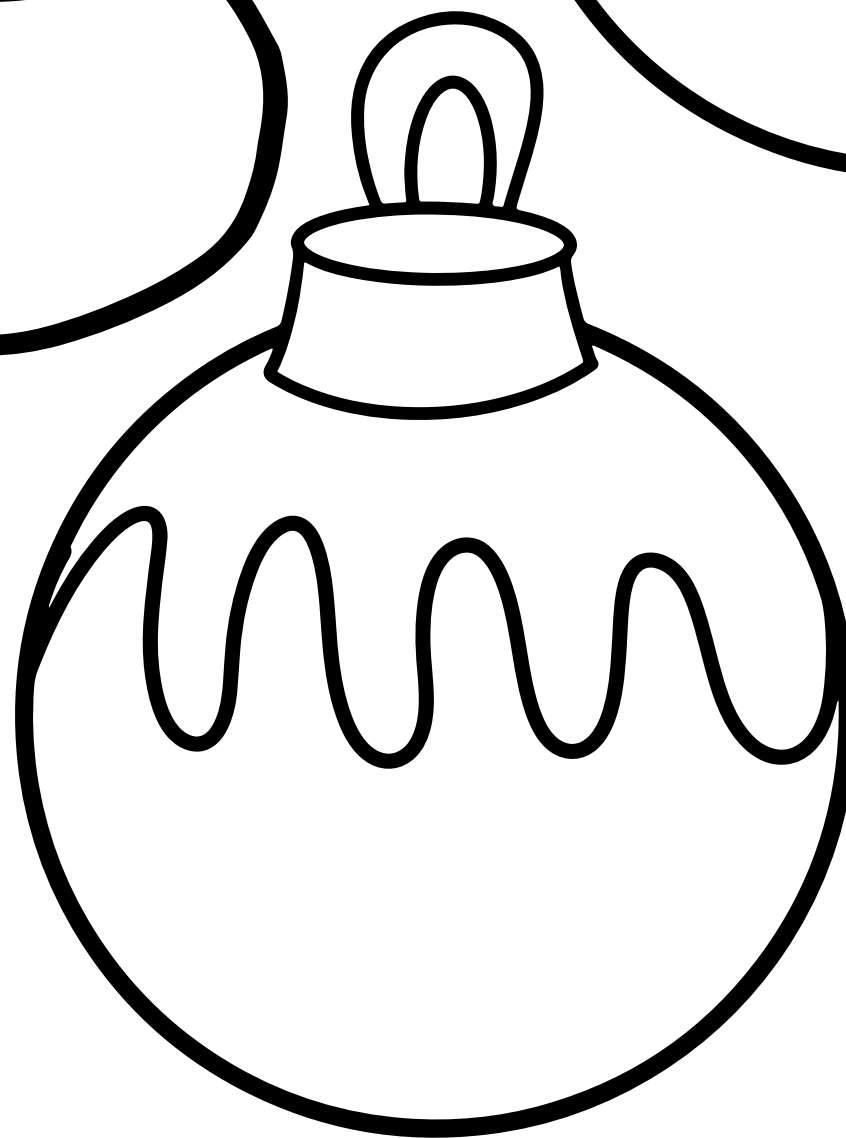
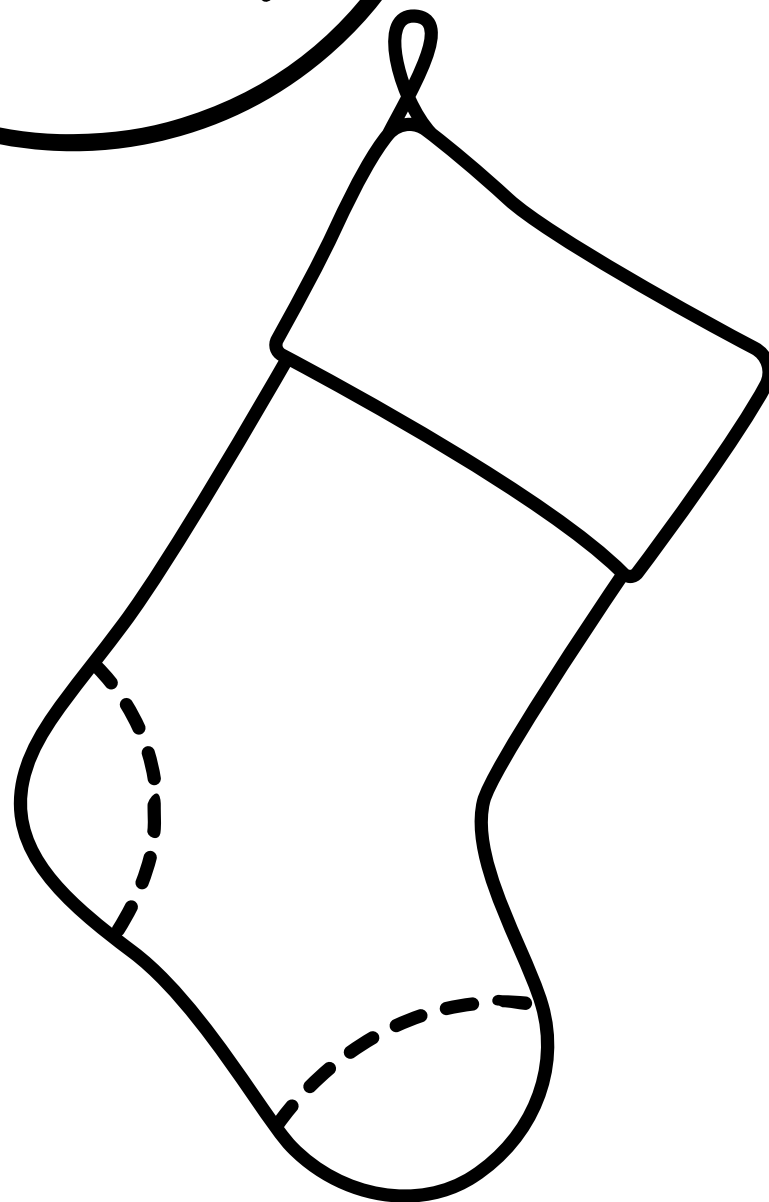
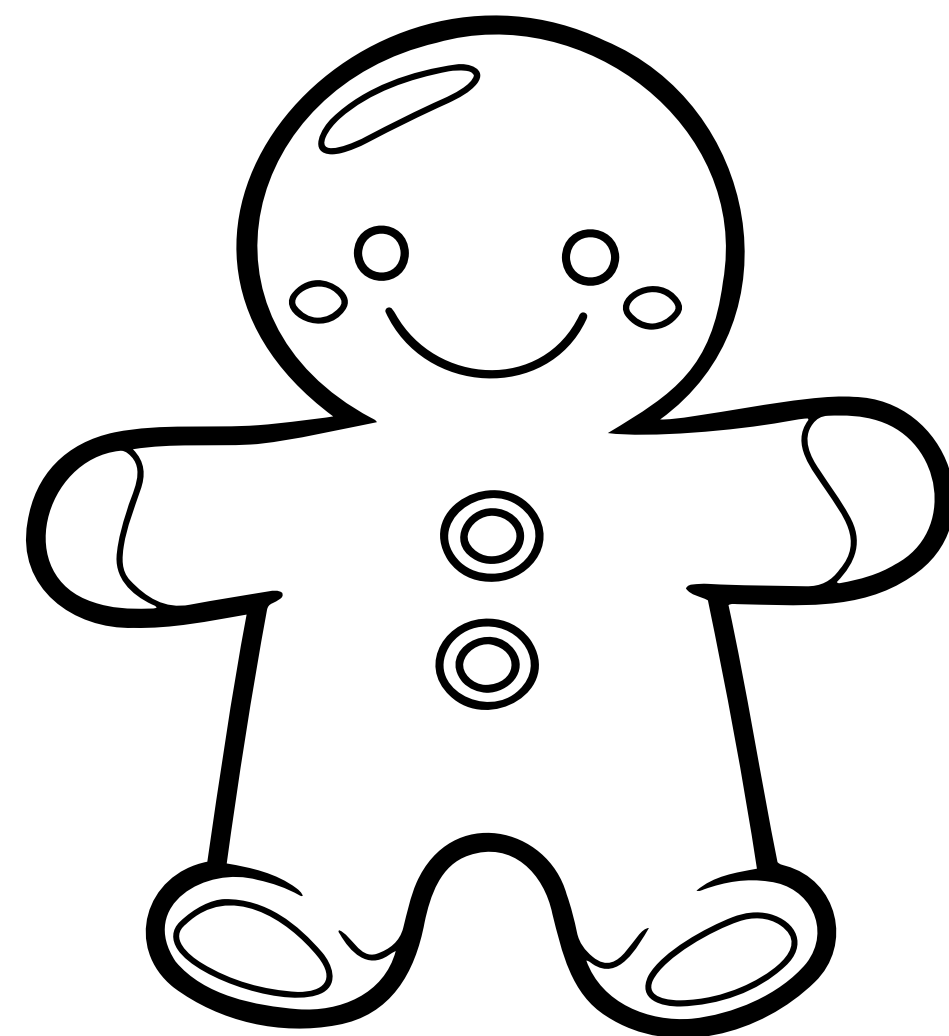
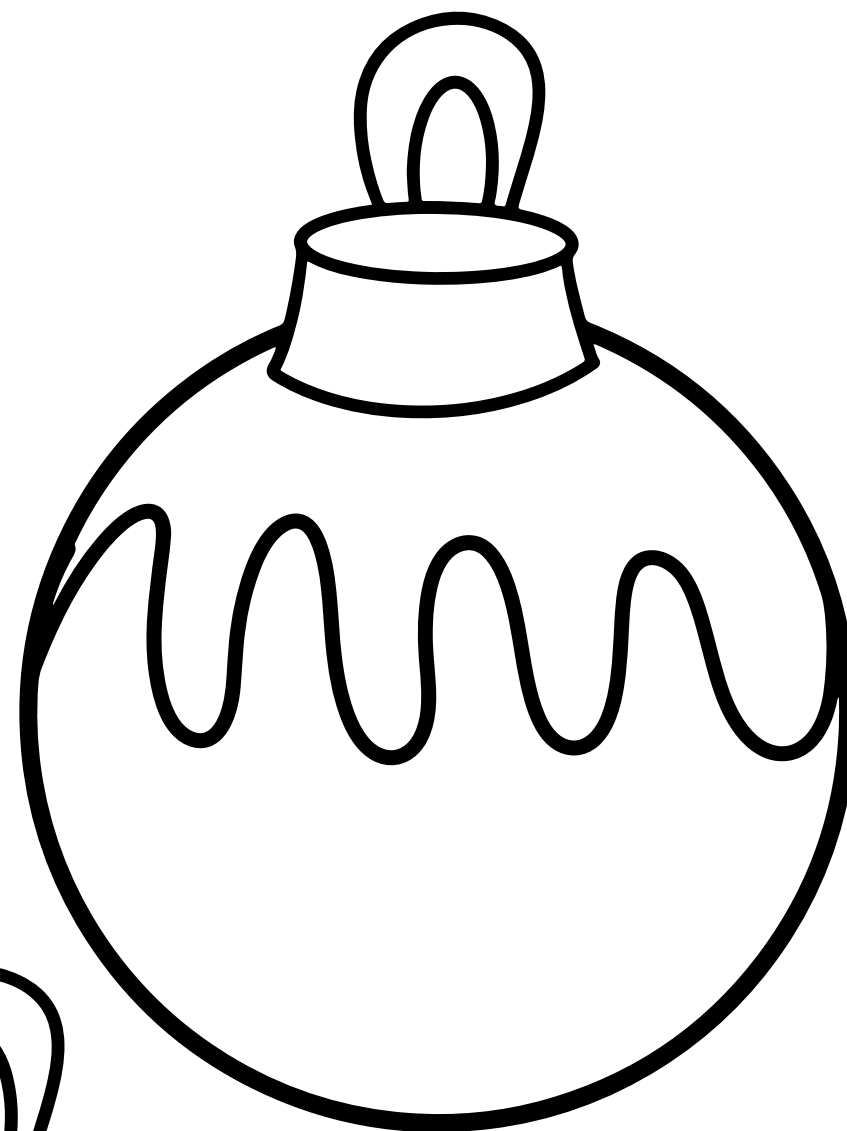
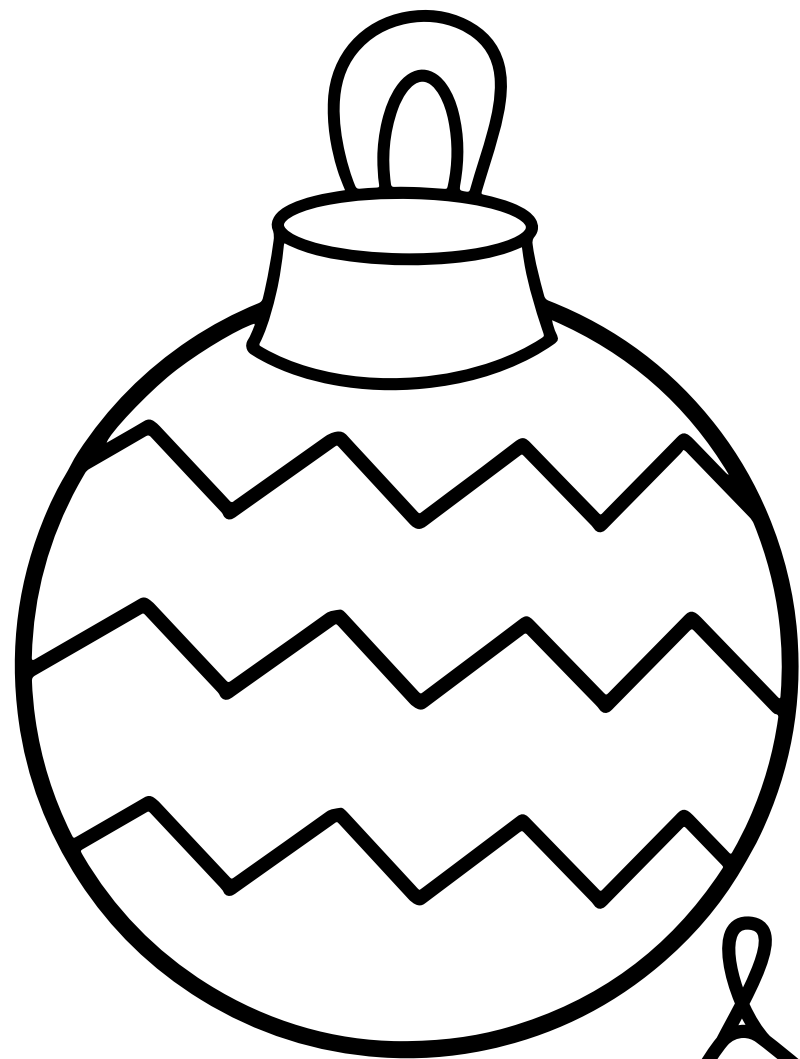
"I believe in you!"
(我相信你!)

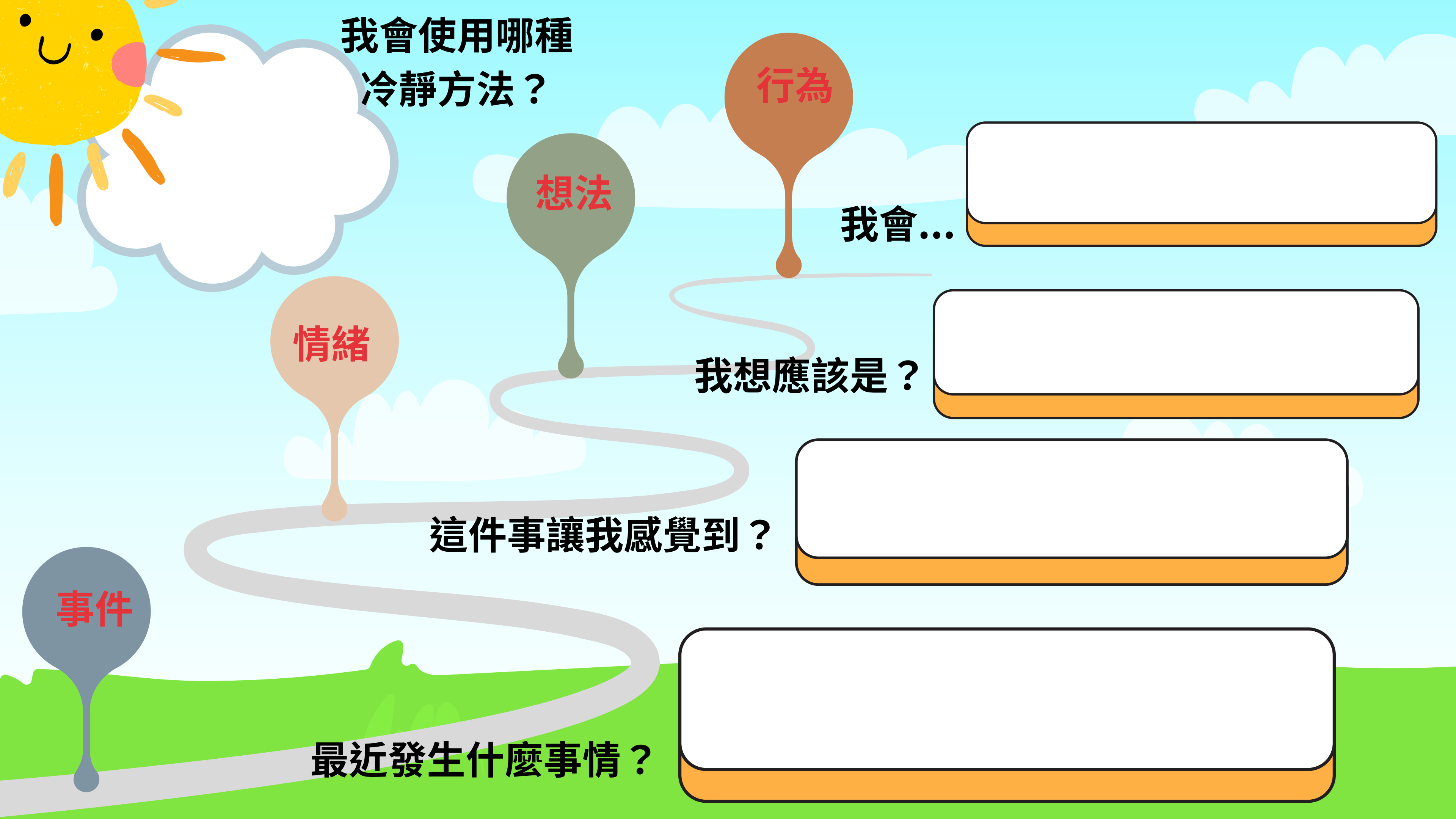
"You can try again!"
(你可以再試一次!)



"Well done!"
(做得很好!)







我會使用哪種
冷靜方法？

行為

我會...

想法

我想應該是？

情緒

這件事讓我感覺到？

事件

最近發生什麼事情？

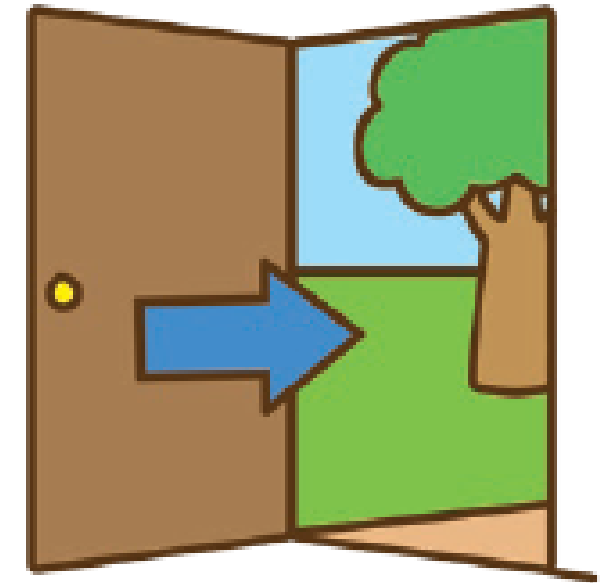
I need to



walk.



take a break.



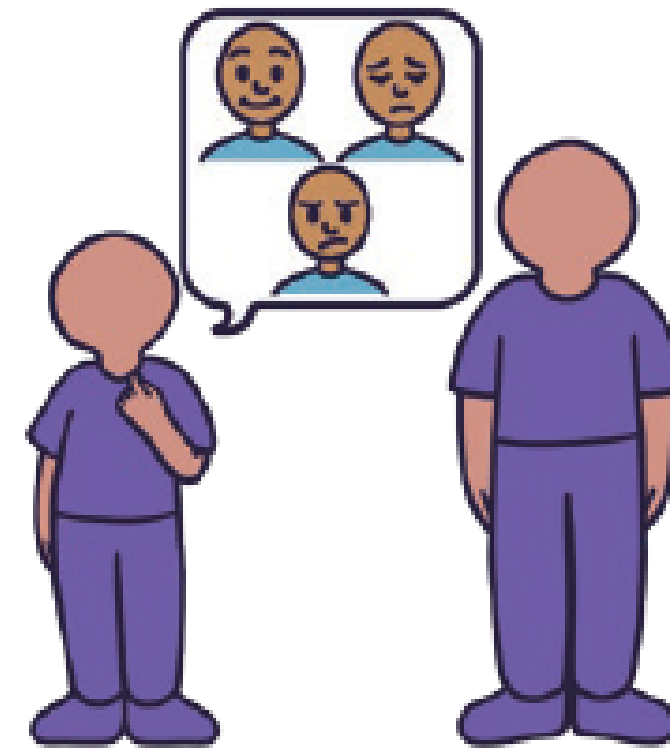
go outside.

暫時休息一下下

I need to



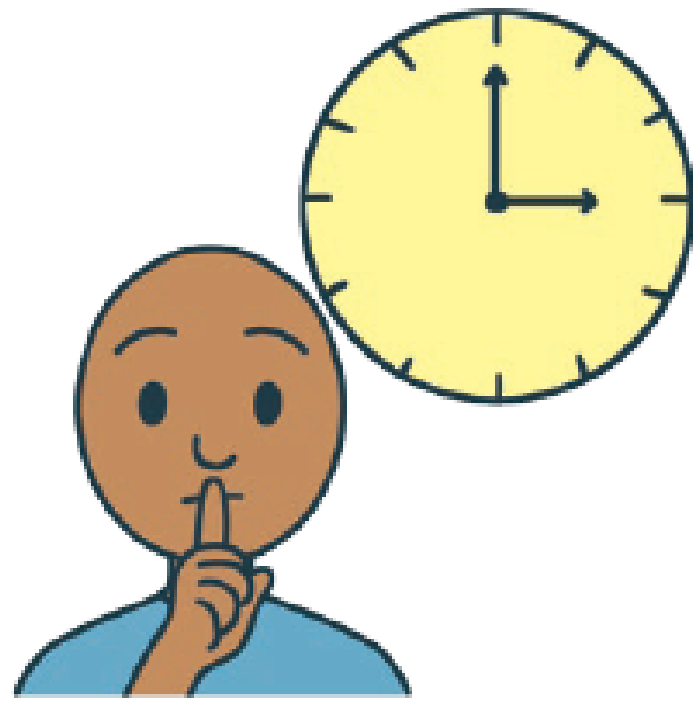
hug.



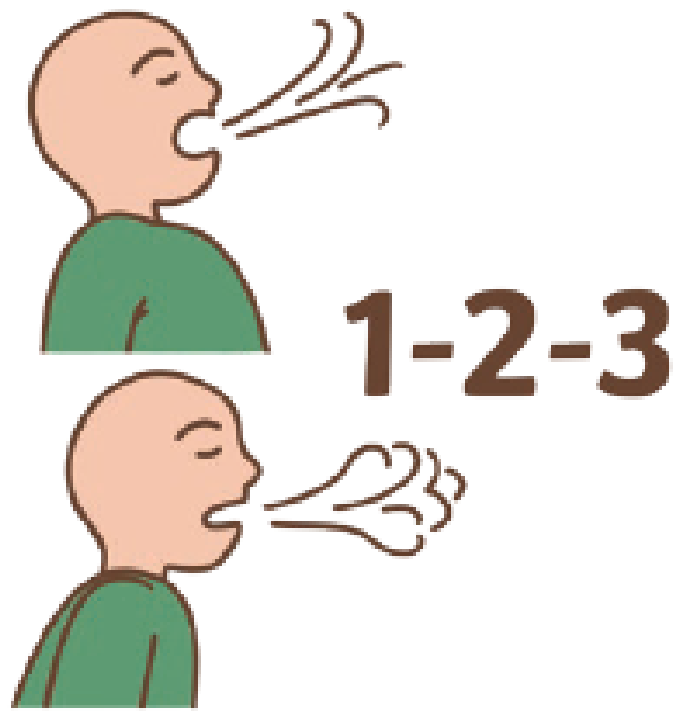
talk to an adult.

陪伴

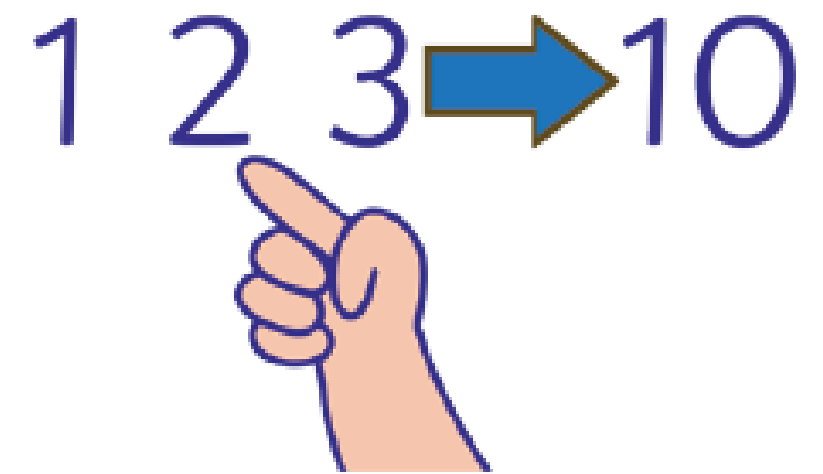
I need to



have quiet time.



take deep breaths.



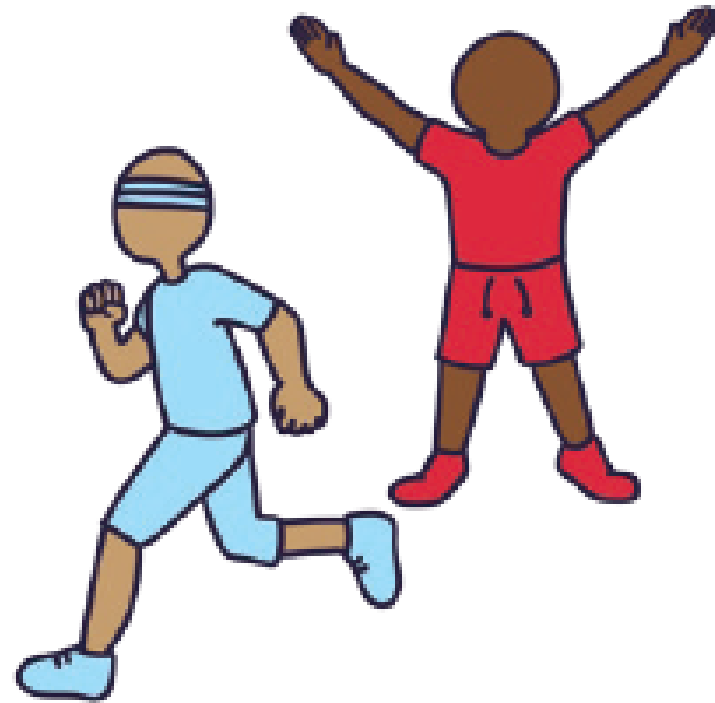
count to 10.

冷靜一下

I need to



**squeeze
something soft.**



exercise.



listen to music.

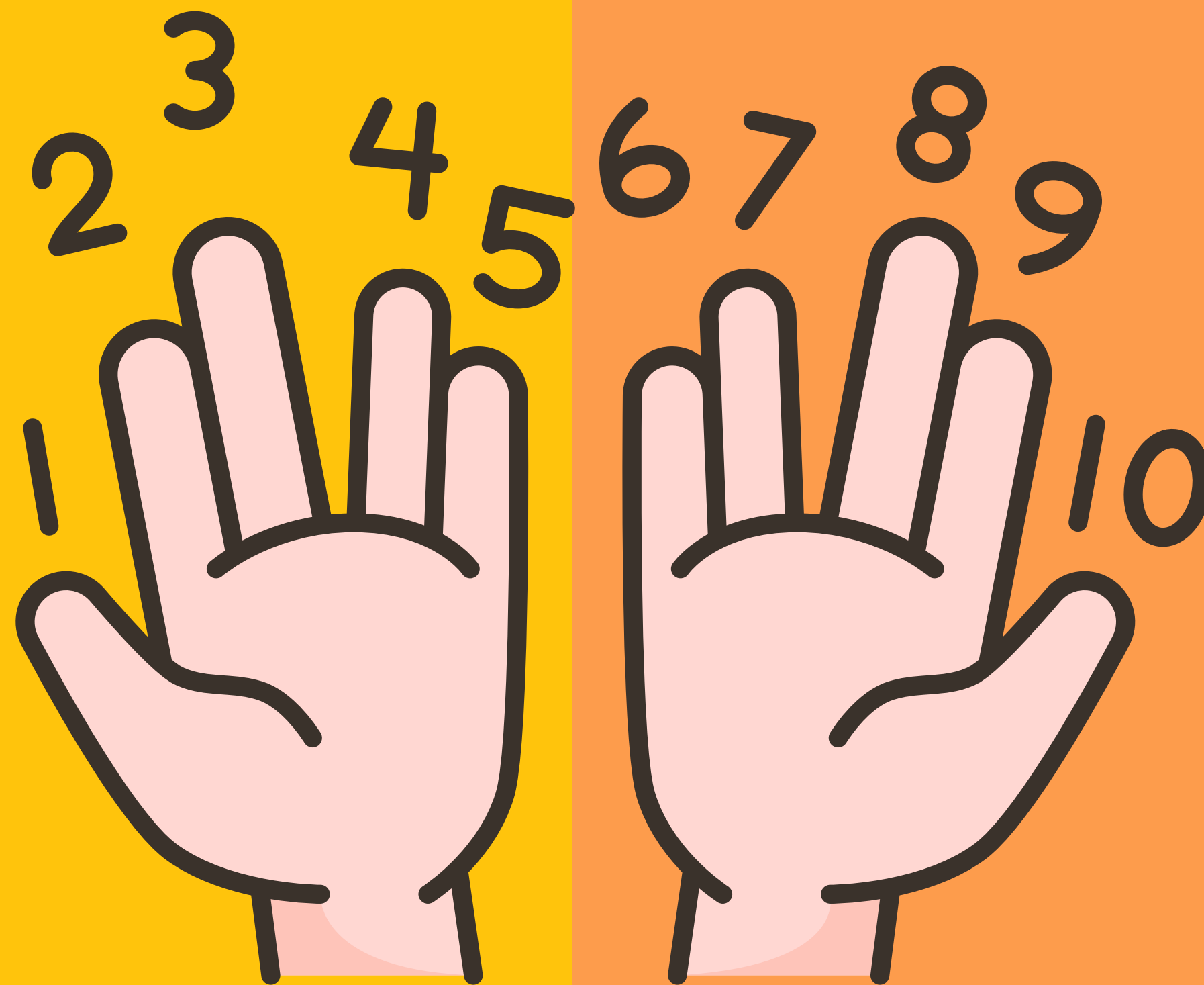
發洩一下

Take a deep breath 深呼吸



count to ten

數到10



free drawing 隨意塗鴉

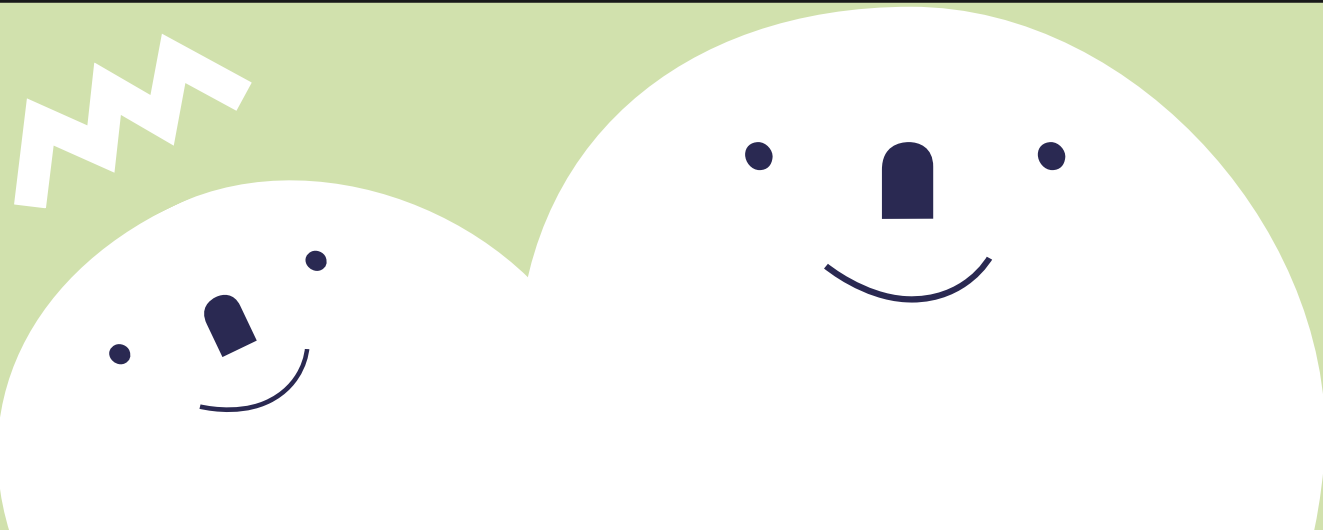


“

I am _____.

I need to _____.

”

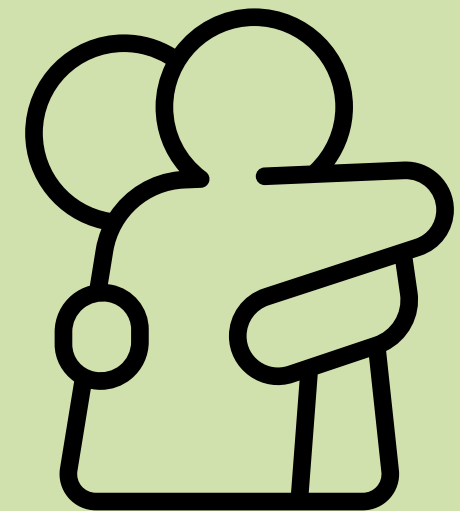


“

I am scared.



I need to hug.

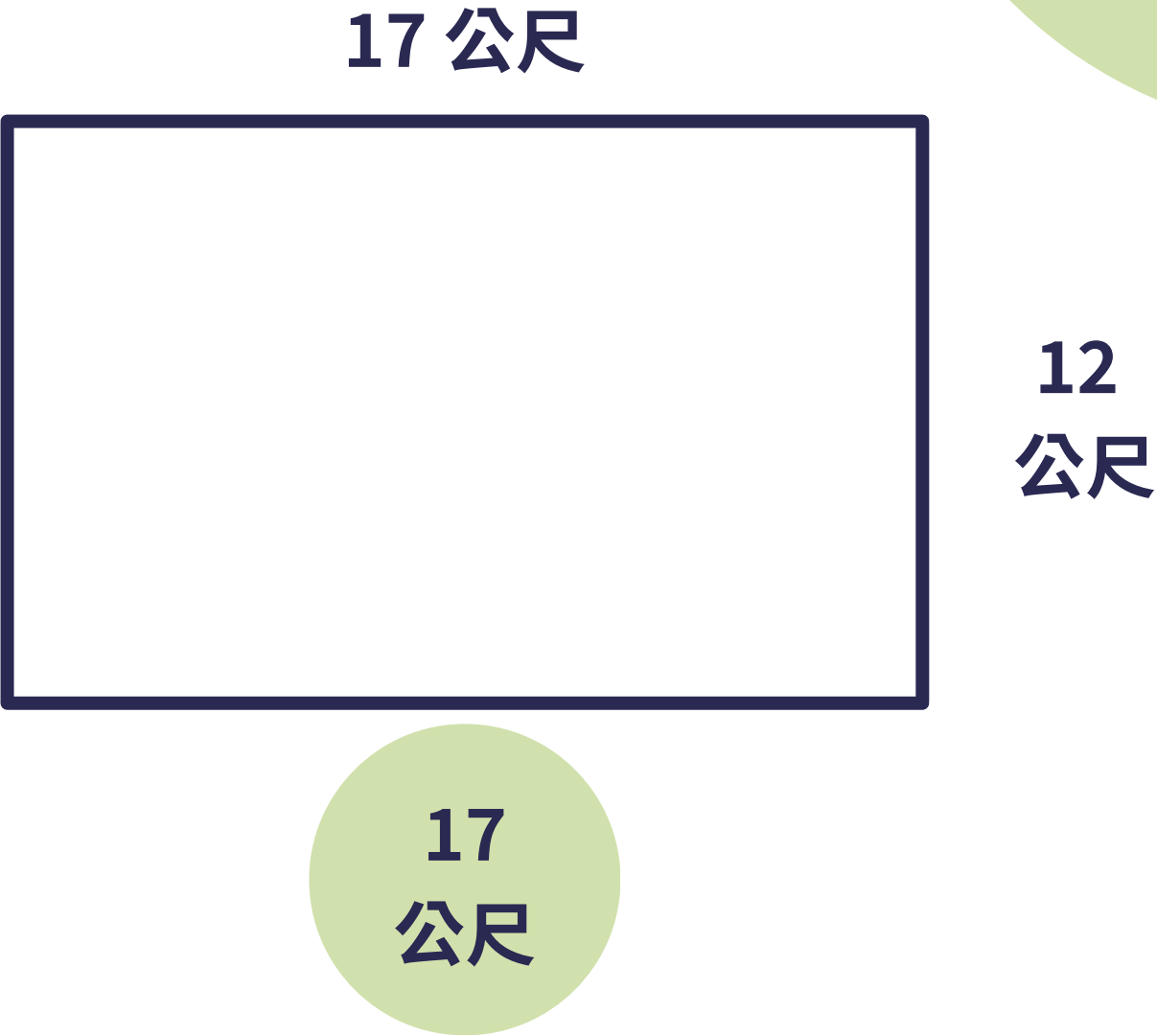


”



答案 9

長方形

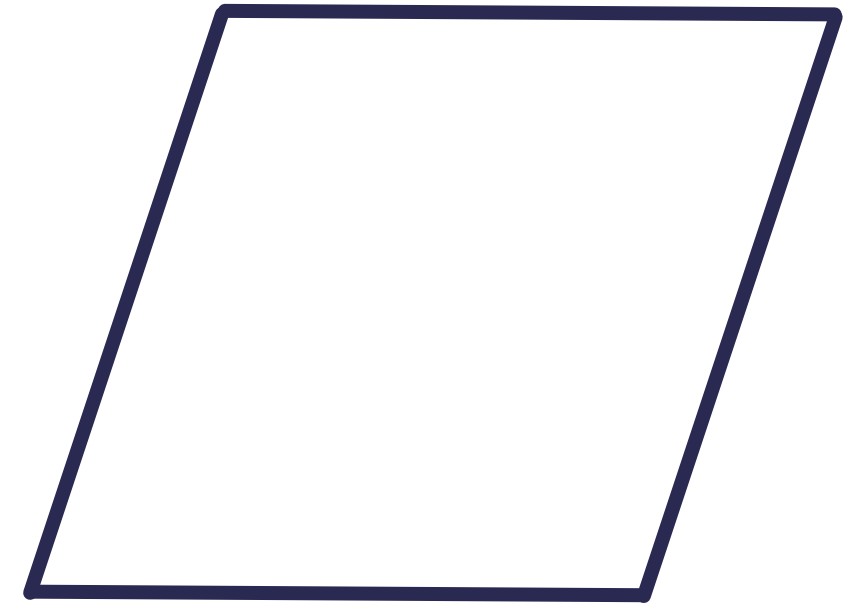


長方形的對邊相等

第 10 題

菱形

?

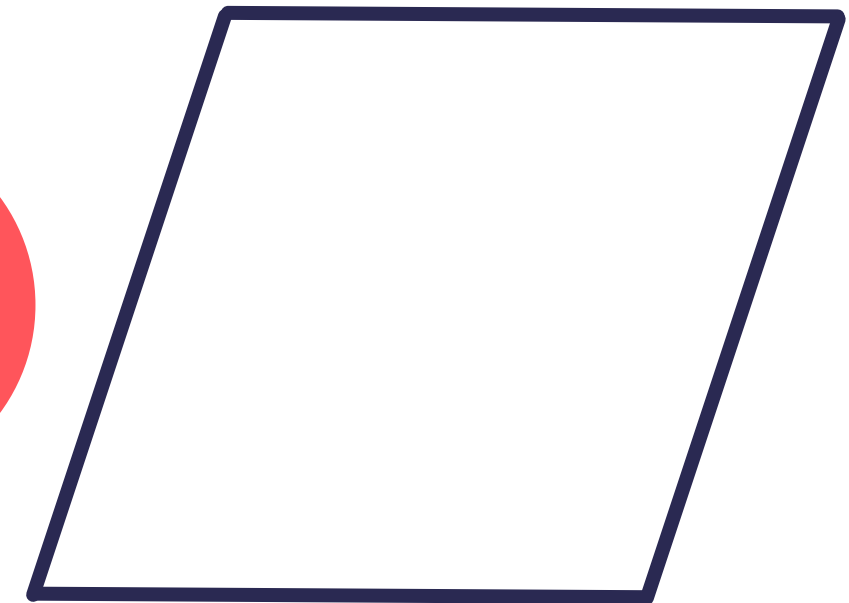


25
公分

答案 10

菱形

25
公分

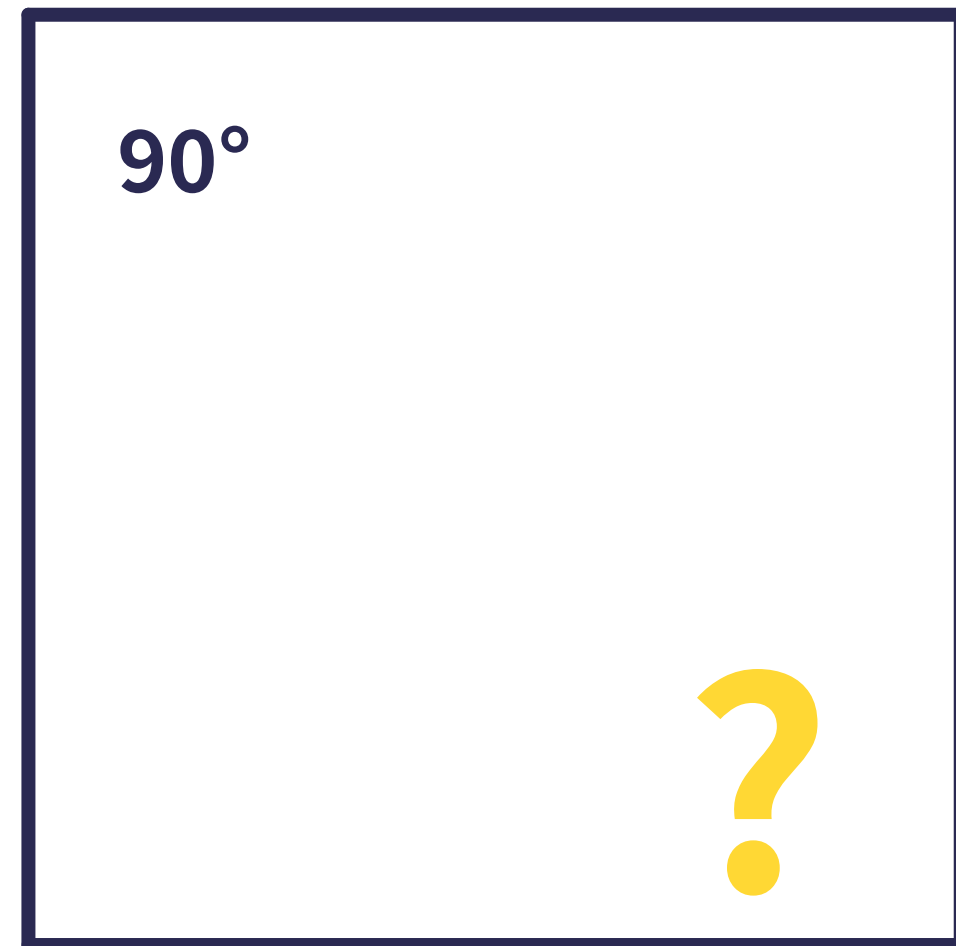
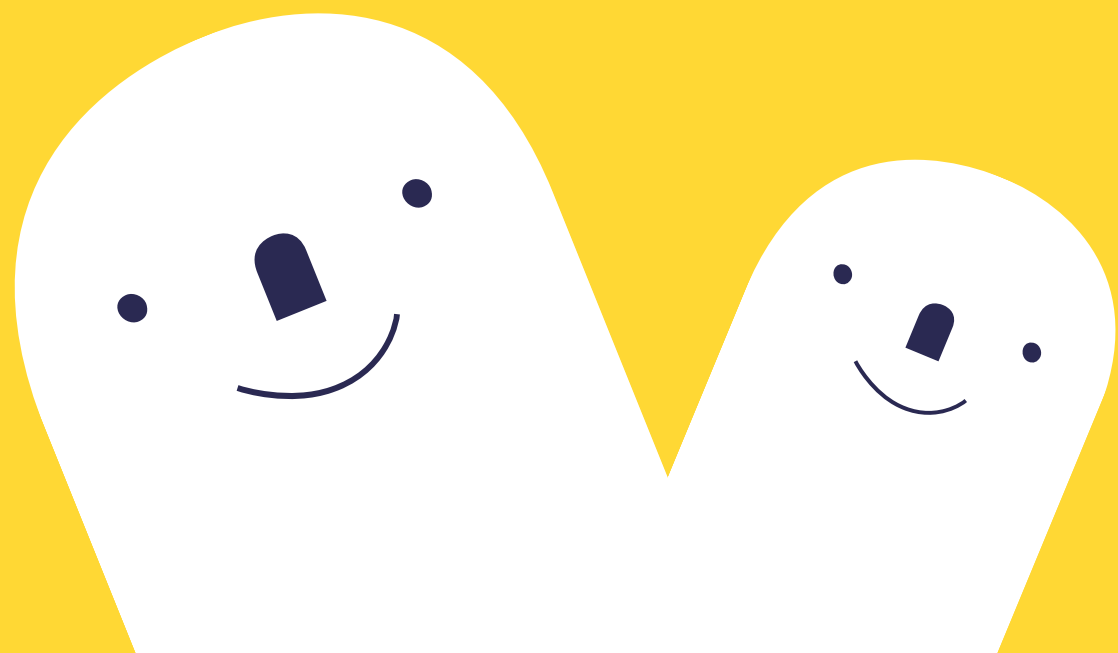


25
公分

菱形的所有邊都相等

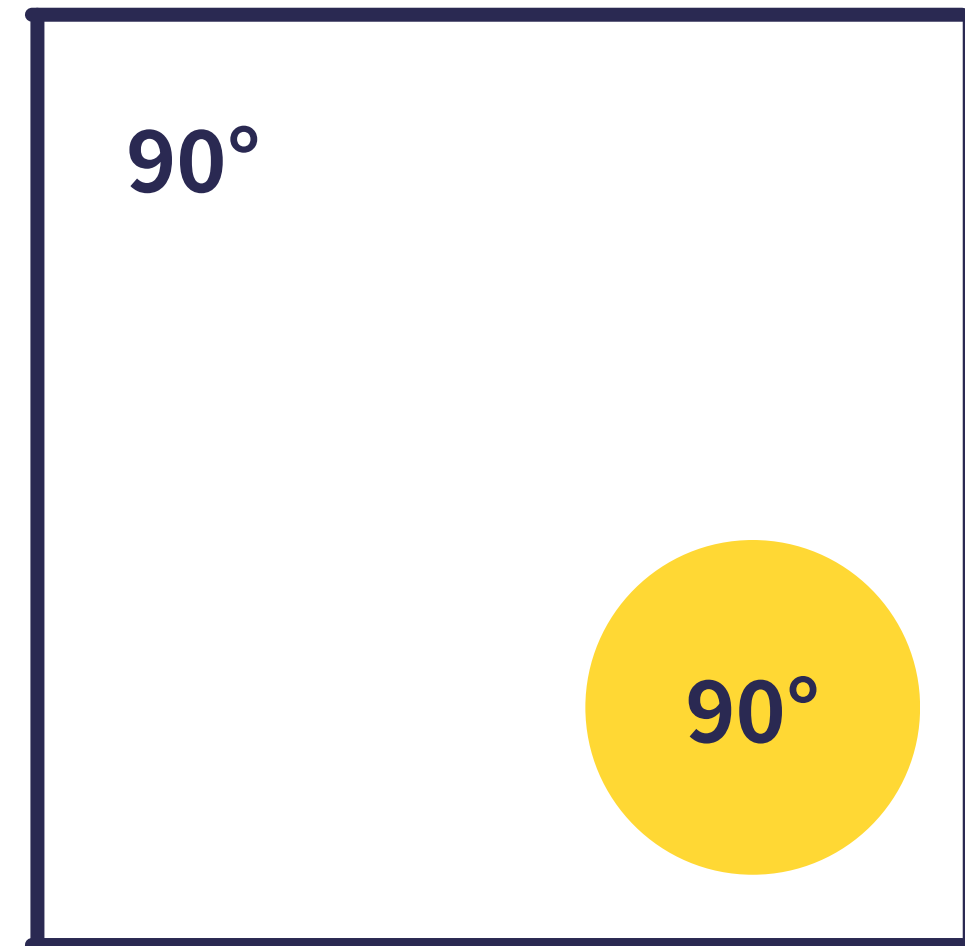
第 11 題

正方形



答案 11

正方形



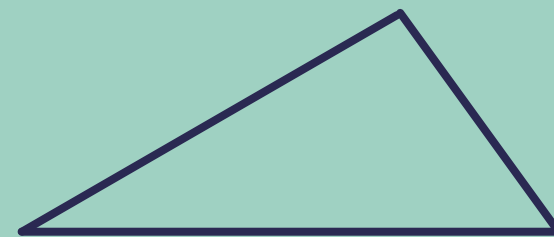
方形的每個角都為 90°

做得好！

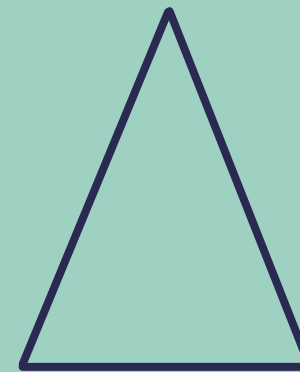
三角形

課程回顧

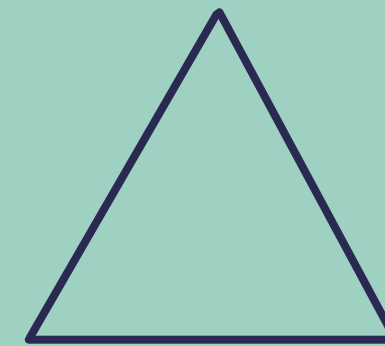
根據角度



不等邊
(沒有邊相等)

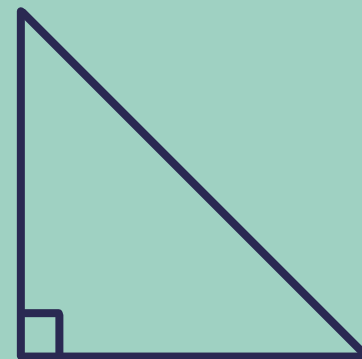


等腰
(1 對等邊)

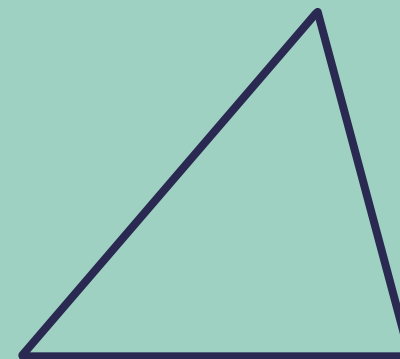


等邊
(所有邊都相等)

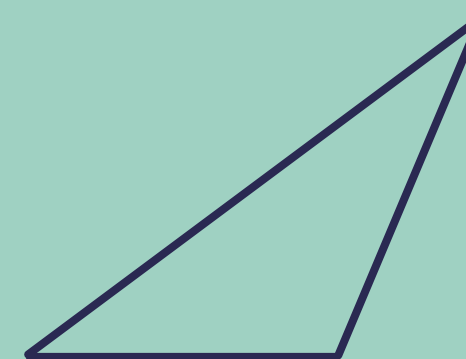
根據邊長



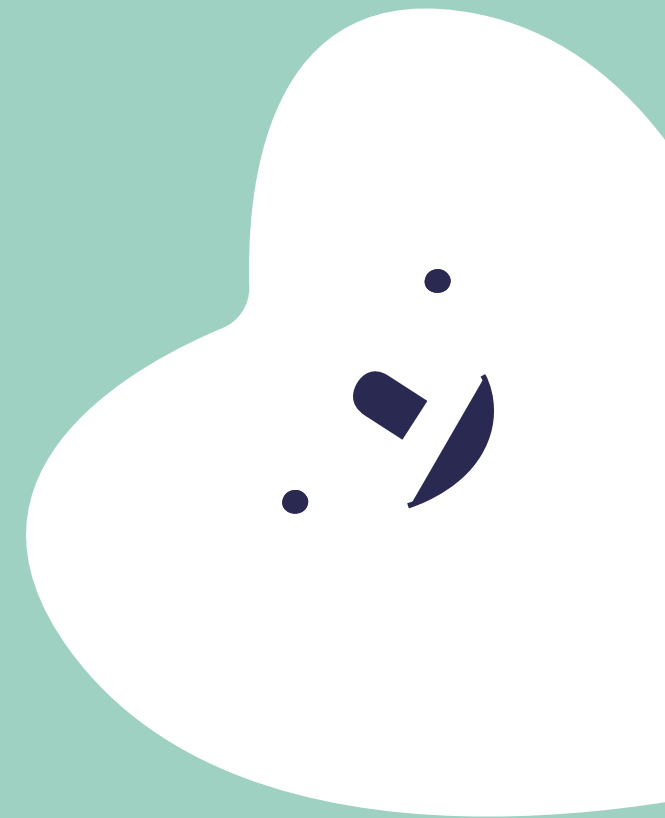
直角
(1 個角為 90°)



銳角
(所有角都小於 90°)

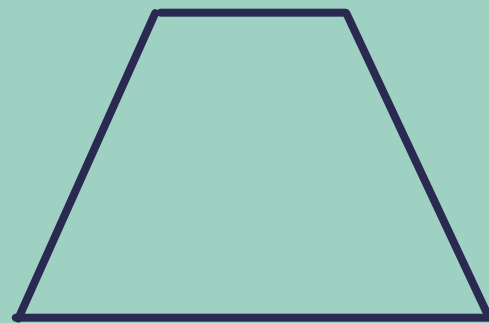


鈍角
(1 個角超過 90°)



做得好！

四邊形 課程回顧



梯形
(正好 1 對平行邊)



平行四邊形
(正好 2 對平行邊)



菱形
(等邊的平行四邊形)



長方形
(有 90° 角的平行四邊形)



正方形
(等邊且有 90° 度角的
平行四邊形)

