





















SELF-EVALUATION WORKSHEET – WORKSHOP NO. 1

Stress and emotions: What happens in my brain?

Here are different statements that you can evaluate:

1. I liked the video.				
2. I liked the activities and learning tools.				
3. I've learned to say how I feel.				
4. I've learned to observe facial indicators of emotions.				
5. I've learned to identify bodily indicators of emotions.				
6. I can name the emotions of the characters in the video correctly.	