

## *Horizon to the Future -project, Getting to know me and my possibilities -workshop*

### DIDACTIC PLAN

#### TASK: HOW DO YOU FEEL TODAY?

##### AIMS:

To develop the students selfmonitoring skills.

To help the teacher to monitor students' feelings during the workshop week.

##### CONTENT OF THIS TASK:

In the end of every workshop-day students colour those faces of feeling what they have felt during that day. They also mark 1 to 5, that is 1 for Monday, 2 for Tuesday etc. This helps the teacher to see what kinds of feelings there have been during the week.

##### TIMING:

In the first day it takes about 10 minutes to tell what to do with this task.

In the end of every workshop day you have to remind about the task, have some 5 minutes for this.

In the last day of the workshop take small groups together in order to the teacher can look through the feelings of that group.

##### MATERIALS:

The task have to be copied for everyone in advance.

# Kuinka voit tänään?

# How do you feel today?



Vihainen  
Angry



Ahdistunut  
Anguished



Anteeksipyytävä  
Apologetic



Ylimielinen  
Arrogant



Ujo  
Shy



Autuus  
Blessed



Kyllästynyt  
Bored



Varovainen  
Careful



Viluin  
Cold



Itsevarma  
Confident



Uteltias  
Curious



Päätäväinen  
Resolute



Pettynyt  
Disappointed



Epäuskoinen  
Unbelieving



Raivostunut  
Furious



Kateellinen  
Envious



Uupunut  
Tired



Pelästynyt  
Scared



Turhautunut  
Depressed



Syylinen  
Guilty



Onnellinen  
Happy



Kauhistunut  
Terrified



Hikinen  
Sweaty



Huonovointinen  
Unwell



Loukkaantunut  
Injured



Hysterinen  
Hysterical



Välinpitämätön  
Indifferent



Kiinnostunut  
Interested



Mustasukkainen  
Jealous



Yksinäinen  
Lonely



Rakastunut  
in Love



Kielteinen  
Negative



Katuvainen  
Remorseful



Helpottunut  
Relieved



Surullinen  
Sad



Tyytyväinen  
Satisfied



Yllätynyt  
Surprised



Epäluuloinen  
Suspicious



Päättämätön  
Indecisive



Muuta  
Other