

SCHOOL CURRICULUM PROJECT “TAKOJ EMOCIONET” (“MEET EMOTIONS”)

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Abstract

“Takoj emocionet” is a School Curriculum Project that is developed by four years in high school “Pjetër Meshkalla” with students from seven X-th Grades, with a total of 18 hours per class in the six Saturdays during the first semester of school year. Students are accompanied by responsible teachers and from 24 ex- alumnus and not ex-alumnus as animator. This project, which is a preventive intervention to dependence, aimed at educating the versatile and harmonious development of man through Emotional Intelligence, enabling the students knowing oneself; knowing the other; critical spirit and free selection. This project consists of four phases: *Objective phase 1* (6 hours): emotional awareness, which is achieved through the ability to distinguish what emotions and feelings reside in us. *Activities*: exercise (related to the topic of the meeting), movie end brainstorming, groups and determination topic study end exercise. *Objective phase 2* (6 hours): emotional control, motivation, empathy end good relationships, which is achieved through the recognition of emotional intelligence. *Activities*: Exercise, study of emotions (18 such as: fear, anger, jealousy, gratitude), presentation of drama end exercise. *Objective phase 3* (2 hours): breeding emotions, achieved through the exercise of reason for the evaluation of various alternatives. *Activities*: exercise, study of the immature responses and mature breeding emotions, drama appearance end exercise. *Objective phase 4* (4 hours): Finding the meaning of an event that has wounded us psychologically, to be achieved through the exercise of responsibility to process what has happened. *Activities*: Exercise, work presentation, questionnaire, photo end exercise.

Key words: emotional intelligence emotional awareness good relationships breeding emotions finding the meaning of an event