



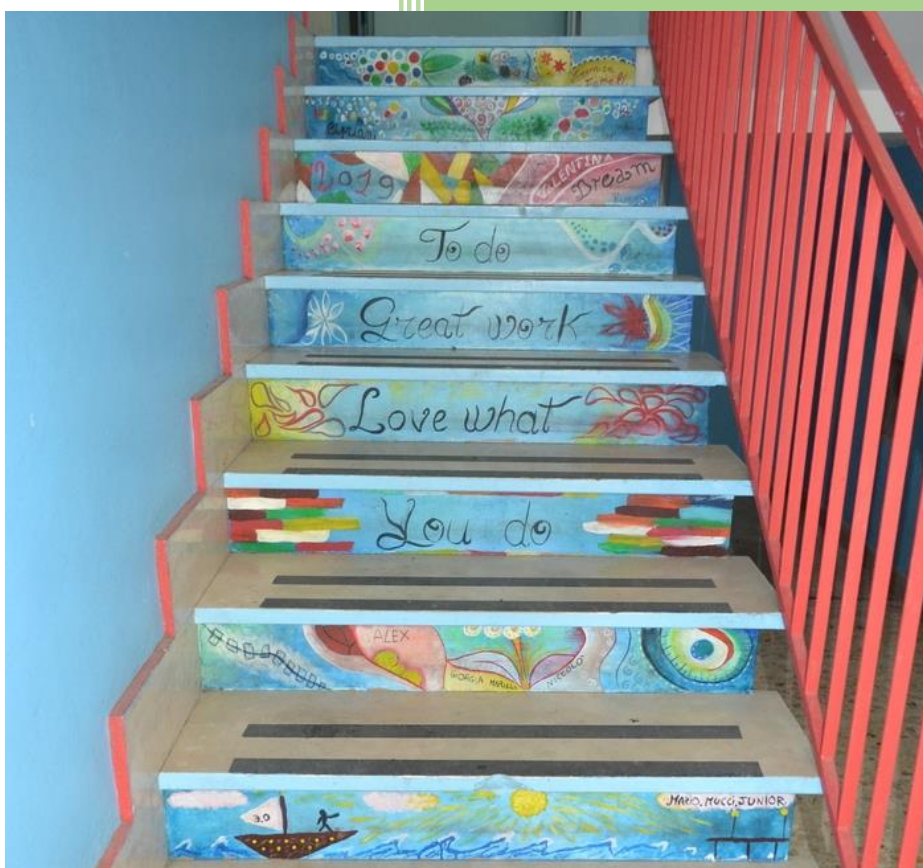
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ERASMUS+ PROJECT

Literature – a Framework for Social and Emotional Learning

e-Dictionary of Positive Language



This final result of the project **Literature – a Framework for Social and Emotional Learning** explores the benefits of the positive language and reinforce creativity and encourage and self-representations.

Using the literary texts analysed and debated, the pupils from the partners' schools are asked to find examples of positive words or expressions that demonstrate for example empathy, caring, tolerance, cooperation.

The pupils practice words and expressions that reflect positive emotions and pro-social attitudes.

The words we are interested in are: empathy, caring, tolerance, cooperation, joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, kindness, altruism, relief, affection, cheerfulness, confidence, admiration, enthusiasm, eagerness, contentment, optimism, happiness, love.

Every school partner worked on five different words.

There are here ones of the most appreciated expressions of the pupils choses by the participants in the project.

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1. EMPATHY; Definition: Empathy is the ability to emotionally understand what other people feel, see things from their point of view, and imagine yourself in their place.
 2. CARING; Definition: A caring person is kind and gives emotional support to others.
 3. TOLERANCE; Definition: Tolerance is being patient, understanding and accepting of anything different; an acceptance or patience with the beliefs, opinions or practices of others.
 4. COOPERATION; Definition: the fact of doing something together or of working together toward a shared aim.
 5. JOY; Definition: a sense of elation, happiness, and perhaps even exhilaration, often experienced as a sudden spike due to something good happening.

1. Choose one of the following positive emotions and abilities. Read the definition and then give your PERSONAL DEFINITION (point 2): (write a poem, an experience or share some personal thoughts about the chosen term in a few lines).

TOLERANCE. Definition: Tolerance is being patient, understanding and accepting of anything different; an acceptance or patience with the beliefs, opinions or practices of others.

2. PERSONAL DEFINITION: (write a poem, an experience or share some personal thoughts about the chosen term in a few lines)

In my opinion, tolerance means sympathy or indulgence for beliefs or practices different from or conflicting with one's own.

3. Upload a photo or a drawing which illustrates the chosen term:



4. Upload a famous quote about the chosen term)

"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid." Albert Einstein

5. Surname, Name, grade

Andruță Andra, 11 B, Romania

1. Choose one of the following positive emotions and abilities: Empathy, Caring, Tolerance, Cooperation, Joy. Read the definition and then give your PERSONAL DEFINITION (point 2): (write a poem, an experience or share some personal thoughts about the chosen term in a few lines).

CARING. Definition: A caring person is kind and gives emotional support to others.

2. PERSONAL DEFINITION: (write a poem, an experience or share some personal thoughts about the chosen term in a few lines)

Clad in dove hue grown a nurse. With a smile on lips enlivening. Penned down dad's temperature. With a stethoscope slung around neck. A doctor called him in for checkup. Whispered the doctor to the son's ear "No need to panic, viral fever".

3. Upload a photo or a drawing which illustrates the chosen term:



4. Upload a famous quote about the chosen term)

Nobody cares how much you know, until they know how much you care.

5. Surname, Name, grade

Andreea Maria Balint, XI E, Romania

1. Choose one of the following positive emotions and abilities: Empathy, Caring, Tolerance, Cooperation, Joy. Read the definition and then give your PERSONAL DEFINITION (point 2): (write a poem, an experience or share some personal thoughts about the chosen term in a few lines).

COOPERATION. Definition: the fact of doing something together or of working together toward a shared aim.

2. PERSONAL DEFINITION: (write a poem, an experience or share some personal thoughts about the chosen term in a few lines)

I didn't know the meaning of cooperation when I was a child because I was too shy to show myself and my feelings to others, but I learnt that we can cooperate and the results are always the best when we share the same hopes and dreams. We always have something to learn from others. So, being alone is not a good idea if you want to become a better version of yourself and this is the true meaning of self-love, because when you learn to love other people, you actually learn to love yourself.

3. Upload a photo or a drawing which illustrates the chosen term:



4. Upload a famous quote about the chosen term)

"Coming together is a beginning. Keeping together is progress. Working together is success."
Henry Ford

5. Surname, Name, grade

Victor Teodor Neacșiu, XI B, Romania

1. Choose one of the following positive emotions and abilities: Empathy, Caring, Tolerance, Cooperation, Joy. Read the definition and then give your PERSONAL DEFINITION (point 2): (write a poem, an experience or share some personal thoughts about the chosen term in a few lines).

JOY. Definition: a sense of elation, happiness, and perhaps even exhilaration, often experienced as a sudden spike due to something good happening.

2. PERSONAL DEFINITION: (write a poem, an experience or share some personal thoughts about the chosen term in a few lines)

Joy is my natural feeling when I wake up in the morning and I know today I'm living a blessing for breathing.

3. Upload a photo or a drawing which illustrates the chosen term:



4. Upload a famous quote about the chosen term)

"The most wasted of all days is one without laughter."
Nicolas Chamfort

5. Surname, Name, grade

Alexandra Căruț, XII C, Romania

1. Choose one of the following positive emotions and abilities: Empathy, Caring, Tolerance, Cooperation, Joy. Read the definition and then give your PERSONAL DEFINITION (point 2): (write a poem, an experience or share some personal thoughts about the chosen term in a few lines).

EMPATHY. Definition: Empathy is the ability to emotionally understand what other people feel, see things from their point of view, and imagine yourself in their place.

2. PERSONAL DEFINITION: (write a poem, an experience or share some personal thoughts about the chosen term in a few lines)

For me, empathy is the noblest trait that should not be missing from human behavior, the ability to cooperate with your person near you, but especially to create a soul connection with the people you interact with. Empathy is the basic link between the human species, without which the world would be chaos.

3. Upload a photo or a drawing which illustrates the chosen term:



4. Upload a famous quote about the chosen term)

It is true that I am endowed with an absurd sensitiveness, what scratches others tears me to pieces.

5. Surname, Name, grade

Natalye Mitroi, XI B, Romania

1. **TERM:** Eagerness;

a. **DEFINITION:** The state of wanting to do or have something very much, especially something interesting or enjoyable.

b. **DRAWING/PHOTO:**



c. **QUOTE:** “The natural role of twentieth-century man is anxiety.” – Norman Mailer

d. **PERSONAL DEFINITION:**

My anxieties fall
Down a ladder.
My desires are swayed
In the middle of a vertical garden.

Fábio Silva Nº1 12ºF, Portugal

TERM: Optimism

OPTIMISM. Definition: hopefulness and confidence about the future or the success of something

Drawing/photo:



PERSONAL DEFINITION: Optimism is a gift that some people fail to acquire.

QUOTE:

"If you pretend to be good, the world takes you very seriously. If you pretend to be bad, it doesn't. Such is the astounding stupidity of optimism." Oscar Wilde

Samuel Dias Nº5, Portugal

Term: CONTENTMENT

CONTENTMENT. Definition: Contentment is an emotional state of satisfaction that can be seen as a mental state drawn from being at ease in one's situation, body and mind. Colloquially speaking, contentment could be a state of having accepted one's situation and is a milder and more tentative form of happiness.

Personal Definition:

Contentment is the state of being happy, satisfied and grateful with everything you have. It isn't an excited kind of happy, it's more like a peaceful ease of body and mind. It is a milder and more tentative form of happiness. As an example, you might feel a sense of contentment knowing you have a cup of hot chocolate and a good movie to look forward tonight.



QUOTE:

“Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you.” – Lao Tzu

Isabel Medeiros, 11th, Portugal

HAPPINESS. Definition: Happiness is an emotional state characterized by feelings of joy, satisfaction, contentment, and fulfillment.

Personal definition:

I chose happiness because I think it has an important role in our lives, and can have a huge impact on the way we live. For me, someone who is happy is someone whose life is fulfilled with numerous happy experiences. It is also something that we can't guarantee but it can be built alongside the people we love the most.

Drawing/photo



QUOTE:

The key to being happy is knowing you have the power to choose what to accept and what to let go. - Dodinsky

Rita Silva, 12th, Portugal

LOVE. Definition: a profoundly tender, passionate affection for another person. A feeling of warm personal attachment or deep affection, as for a parent, child, or friend.

Personal definition:

Love is having feelings and affections for someone you really care about like family or a close friend.

Drawing/photo



QUOTE:

"Where there is love there is life." - Mahatma Gandhi

Pedro Santos, 11th, Portugal

AFFECTION:

If you feel affection for someone you will take after that person.



Javier Sánchez Ropero. 1º bachillerato Science, Spain

CHEERFULNESS:

The state of being happy and positive. If it feels cheerfulness, I will sing.

Natalia Cano Malagón. 1º bachillerato Science. Spain



CONFIDENCE:

The quality of being certain of your abilities or of having trust in people, plans, or the future. If they feel confidence, they will eat the world.

Beatriz Hermosilla Ávila. 1º bachillerato Science, Spain



ADMIRATION:

It is the feeling of admiring someone or something. If my friend get his dreams, I will feel admiration.

Raquel Calvo, 1º bachillerato Science, Spain



ENTHUSIASM:



A feeling of energetic interest in a particular subject or activity and an eagerness to be involved in it
If I feel enthusiasm for the sport, I will become a good a sport fit person.

Lucía Aguilera Cabezas. 1º bachillerato Science, Spain

AMUSEMENT	INSPIRATION	KINDNESS	ALTRUISM	RELIEF	Name
<p>"the state or experience of finding something funny".</p>  <p><i>"A man who can laugh at himself is truly blessed, for he will never lack for amusement"</i> (James Carlos Blake, Handsome Harry)</p>	<p>"the process of being mentally stimulated to do or feel something, especially to do something creative."</p>  <p><i>"When you change your thoughts, remember to also change your world"</i> (Norman Vincent Peale)</p>	<p>"the quality of being friendly, generous, and considerate."</p>  <p><i>"Be kind, for everyone you meet is fighting a harder battle"</i> (Platone)</p>	<p>"disinterested and selfless concern for the well-being of others."</p>  <p><i>"We have so far to go to realize our human potential for compassion, altruism and love"</i> (Jane Goodall, Harvest for hope: A Guide to Mindfull eating)</p>	<p>"a feeling of reassurance and relaxation following release from anxiety or distress."</p>  <p><i>"A real friend is one who walks in when the rest of the world walks out"</i> (Walter Winchell)</p>	
I feel amused when I'm with my friends	All of us should be inspired by positive people	Kindness is when you help someone	Altruism should be the base of all our relationships	Helping others makes me happy	Roberti Barbara, II IPSSS Italy
In my opinion, there is amusement when you feel comfortable surrounded by people you love.	When we are happy and comfortable in our skin, we are inspired	In my opinion, kindness is one of the most important values in our lives	Altruism is when you help others without inspecting something in return	When a friend is sad, I will be there for him/her	Barnaba Oronzo Matteo, V IPSSS, Italy
You feel amused when you spend great moments	My parents are the two people I am inspired the most	I am happy when I am kind with others	According to me, when I share something with a friend there is altruism	When I support people reaching their goals	D'Aleo Claudia, III IPSSS Italy
Amusement is doing what you really like	I feel inspired when I am in front of the sea	My good actions could make happy someone else	When I feel someone's needs are more important than mine, then there is altruism	I feel relieved when I am relaxed and positive	Agliani Antonio, III ITT, Italy
You are amused when you are entertained	According to me, inspiration is when I am looking at something and, suddenly, I have an idea	A kind person is someone who is friendly with others	You can be altruist in every moment of the day, even if we usually focus our attention on ourselves	I am relieved when I share my difficulties with someone that I feel close to me	Pagano Angela, V IPSSS Italy

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1. **Serenity:** the quality of being calm and peaceful
 2. **Interest:** the feeling that you have when you want to know or learn more about somebody/something/ the quality that something has when it attracts somebody's attention or makes them want to know more about it
 3. **Hope:** to want something to happen and think that it is possible
 4. **Pride:** a feeling of being pleased or satisfied that you get when you or people who are connected with you have done something well or own something
 5. **Gratitude:** the feeling of being grateful and wanting to express your thanks

Choose one of the following positive emotions and abilities. Read the definition and then give your PERSONAL DEFINITION (point 2): (write a poem, an experience or share some personal thoughts about the chosen term in a few lines).

Serenity: Definition: the quality of being calm and peaceful

PERSONAL DEFINITION: (write a poem, an experience or share some personal thoughts about the chosen term in a few lines)

Serenity for me means tranquility and peacefulness

Poem: By George Argyropoulos 1st grade of High School

Into the serene sea
Seagulls find life
Flying-diving-flying
Deep sea high sky
Into the blue calmness
Seagulls fly and thrive

Upload a famous quote about the chosen term

*"God grant me the **serenity** to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. ..."*

Interest: Definition: the feeling that you have when you want to know or learn more about somebody/something/ the quality that something has when it attracts somebody's attention or makes them want to know more about it.

PERSONAL DEFINITION: for me interest means caring, showing positive feelings towards another being.
For me friendship means showing **interest** and caring for others

Famous quotes:

*"The beauty and mystery of this world only emerges through affection, attention, **interest** and compassion . . . open your eyes wide and actually see this world by attending to its colors, details and irony." — Orhan Pamuk, My Name Is Red*



Eleni Papagianni, 1st Grade of Esperino Lyceum. Greece

Hope: to want something to happen and think that it is possible

PERSONAL DEFINITION: for me hope is a power that moves people towards their aims.

Dimitra Kaskani, 2nd Grade of Esperino High School. Greece

Pride: Definition: a feeling of being pleased or satisfied that you get when you or people who are connected with you have done something well or own something.

PERSONAL DEFINITION: for me pride is the quality of having a high opinion of yourself, of your family, country or friends.

Our ancestors fought a lot of wars and defended our country giving their lives. We are very proud of them. When I was young I used to recite poems about the 1821 heroes of Greece dressed in our national costume and I was proud to be Greek.



*“Always fight the good fight. Be brave, be strong, be **proud** for who you are!”*

Ilias – Vangelis Pappas, 3rd Grade of Esperino Lyceum. Greece

Gratitude: Definition: the feeling of being grateful and wanting to express your thanks.

PERSONAL DEFINITION: for me gratitude is the warm feeling you feel in your heart when you are satisfied for every little (and big) thing that you have in your life. It is the happiness and balance you feel when you face life mindfully.

I would like to share with you a gratitude practice I do with my 3 children. It is called “**The Gratitude Jar**”. The instructions are quite simple. All you have to do is have your child write, doodle, or draw the things that they are grateful for until the jar is full. The “challenge” is for them to fill up as much of the space in the jar as possible. Your kids can even do a mix of writing, drawing, and doodling to get the jar as full of gratitude as possible.



FAMOUS QUOTES

*“Let us be **grateful** to the people who make us happy; they are the charming gardeners who make our souls blossom.”* — Marcel Proust

Georgia Mandraki, 2nd Grade of Esperino High School. Greece



This final result of the project was realized with the help of the teams of the project with the following coordinators:

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