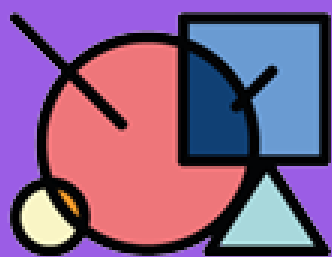




# MICRO TASKS



S4B

**Note to user:** After familiarizing with each video pill, the user will be provided with the opportunity to perform several tasks/activities/games in order to practice and further develop the respective skill.

## SKILL

### RESILIENCE AND STRESS MANAGEMENT

#### MICRO TASK NUMBER: 1

#### 01 What are the objectives of the task?



The objectives of this task are:

- ✓ To achieve a greater understanding on stressors nowadays
- ✓ To demonstrate knowledge on recognising a wide range of emotions

#### 02 What will teachers learn?



This task will give teachers the chance to understand a wide range of emotions that influence the level of stress and practice the ability to distinguish between the main emotions.

Awareness and acceptance of feelings are part of the stress relief process.

## 03 Tasks and procedure



The procedure for this micro-task makes it easy to quickly assimilate the necessary steps as follows.

**Step 1:** Teachers read and use the checklist with 10 main emotions that relate to stress and resilience.

- ✓ Fear.....
- ✓ Trust.....
- ✓ Anger.....
- ✓ Anxiety.....
- ✓ Boredom.....
- ✓ Excitement.....
- ✓ Satisfaction.....
- ✓ Annoyed.....
- ✓ Discouraged.....
- ✓ Depressed.....



**Step 1:** At the end of every day teachers choose 3 emotions out of 10 that best describe their feelings for that specific day. In order to be fully aware how they feel and how affected they are by the surrounding situations teachers should do this activity for at least 2 weeks. At the end they can analyse what were the majority emotions, on how many days, and for what reasons.