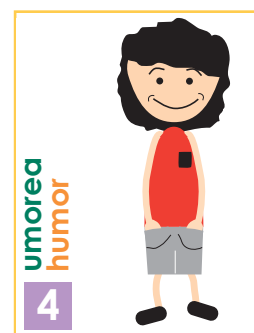
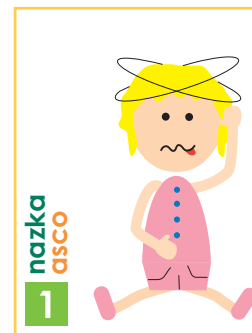
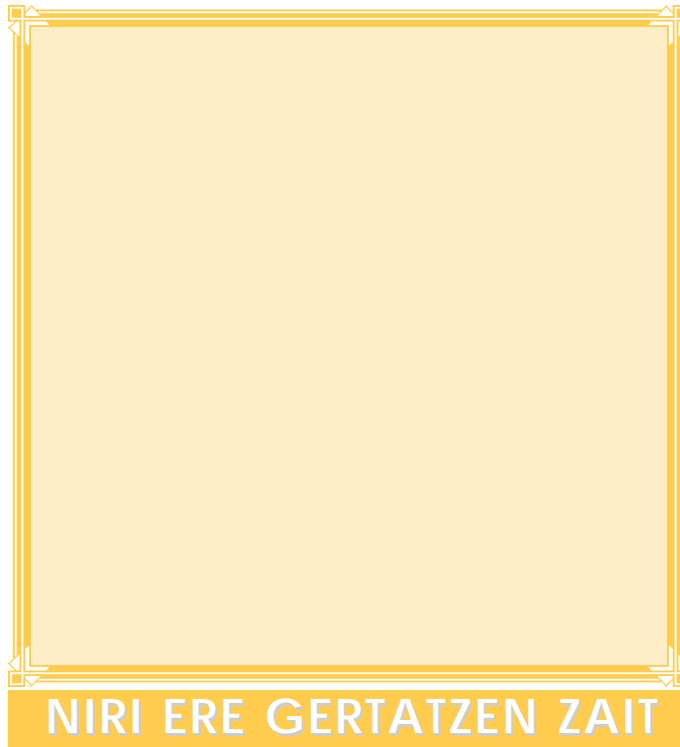
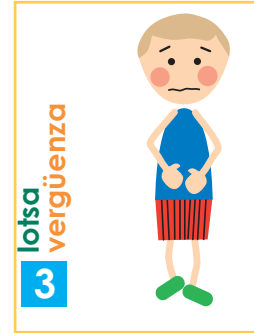
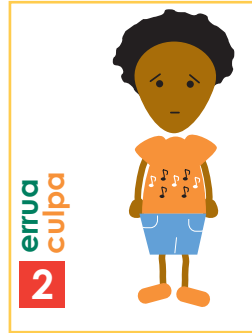


## 2 NIK AHAL DUT, NIK EGIN DEZAKET

**1** Inguratu inoiz sentitu dituzun sentimenduak. Itsatsi erdian zure argazki bat eta lotu zure argazkiarekin hemendik aurrera zure inguruko pertsonengan sorrarazi nahi dituzun sentimenduak.



## SENTIMENDUAK, BERDINTASUNEZ SENTITU

### 2. Unitate didaktikoa

IZENA:

## 1 NESKAK ETA MUTILAK, BERDINAK?

**1** Hona sentimendu batzuk. Gure gizartean, orokorrean, neskekin lotzen direnak, Hotzekin lotu. Gehienbat mutilekin lotzen direnak, Berorekin lotu. Neska eta mutilekin lotzen direnak, biekin lotu.



maitasuna  
beldurra  
agresibitatea  
jakinmina  
tristura  
adorea  
gorrotoa  
esker ona  
harrotasuna  
samurtasuna  
lotsa  
urduritasuna  
amorrúa



**2** Idatzi edota marraztu irudi bakoitzean agertzen den sentimendua zuzan pizten duten pertsonak, gauzak, egoerak, gertaerak... Adibidez: senide bat, lagun bat, kanta bat eta abar.

Diagram illustrating the identification of emotions in a classroom setting. It shows four boxes representing different emotions, each with a corresponding illustration and a list of potential triggers.

- Top Box (Green):** Emotion: **poza** (alegría). Illustration: A girl with her arms raised. Triggers: **ni** (person), **gauzak** (things), **egoerak** (situations).
- Second Box (Purple):** Emotion: **maitasuna** (amor). Illustration: A boy with hearts above his head. Triggers: **ni** (person), **gauzak** (things), **egoerak** (situations).
- Third Box (Blue):** Emotion: **amorrua** (rabia). Illustration: A girl with a frustrated expression. Triggers: **ni** (person), **gauzak** (things), **egoerak** (situations).
- Bottom Box (Light Green):** Emotion: **beldurra** (miedo). Illustration: A boy with a fearful expression. Triggers: **ni** (person), **gauzak** (things), **egoerak** (situations).

**3** Guk egiten ditugun gauzek eta ditugun sentimenduek besteengan sentimendua sorrarazten dituzte. Inguratu eskubiko hiru sentimenduen artean ezkerreko sentimendua sorrarazten dituenak.

Diagram illustrating the relationship between actions and emotions. It shows four columns of emotion cards, each with a corresponding illustration and a list of potential triggers.

- Column 1 (Green):** Emotion: **agresibitatea** (agresividad). Illustration: A girl with a determined expression. Triggers: **1** (person).
- Column 2 (Orange):** Emotion: **beidurra** (miedo). Illustration: A girl with a fearful expression. Triggers: **1** (person).
- Column 3 (Yellow):** Emotion: **agresibitatea** (agresividad). Illustration: A boy with a determined expression. Triggers: **1** (person).
- Column 4 (Purple):** Emotion: **poza** (alegría). Illustration: A girl with her arms raised. Triggers: **1** (person).
- Column 5 (Red):** Emotion: **zoriontasuna** (felicidad). Illustration: A boy with a happy expression. Triggers: **2** (person).
- Column 6 (Green):** Emotion: **tristura** (tristeza). Illustration: A girl with a sad expression. Triggers: **2** (person).
- Column 7 (Purple):** Emotion: **kezka** (preocupación). Illustration: A boy with a worried expression. Triggers: **2** (person).
- Column 8 (Yellow):** Emotion: **zoriontasuna** (felicidad). Illustration: A girl with a happy expression. Triggers: **2** (person).
- Column 9 (Blue):** Emotion: **baikortasuna** (optimismo). Illustration: A girl with a happy expression. Triggers: **3** (person).
- Column 10 (Red):** Emotion: **baikortasuna** (optimismo). Illustration: A boy with a happy expression. Triggers: **3** (person).
- Column 11 (Light Blue):** Emotion: **nahigabea** (disgusto). Illustration: A girl with a disgusted expression. Triggers: **3** (person).
- Column 12 (Orange):** Emotion: **esker ona** (gratitud). Illustration: A boy with a happy expression. Triggers: **3** (person).
- Column 13 (Purple):** Emotion: **antsietatea** (ansiedad). Illustration: A boy with a worried expression. Triggers: **4** (person).
- Column 14 (Light Blue):** Emotion: **urduritasuna** (excitación). Illustration: A girl with a happy expression. Triggers: **4** (person).
- Column 15 (Light Green):** Emotion: **inbidia** (envidia). Illustration: A boy with a jealous expression. Triggers: **4** (person).
- Column 16 (Light Purple):** Emotion: **antsietatea** (ansiedad). Illustration: A girl with a worried expression. Triggers: **4** (person).

**4** Zein da kasu bakoitzean errepikatzen dena? Hori kontuan hartuta, zein da ingurukoengan maitasuna sortuko duen sentimendua?

Blank space for writing the answer to question 4.