

# With a little empathy

## 1. Read Sebas's diary entry. Then complete the tasks.



Thursday, 4<sup>th</sup> October

I've been here in Lastres now for a month. From living in Madrid to being here has been a massive change. In Madrid I lived with my mum, I went to school by bus and at the weekend I usually went to a museum or to play at a friend's house. And I saw mum every day. Here I'm with dad. I walk to school and I spend my free time outside. I can even go to the beach. That's great. But the truth is that there aren't many kids of my own age. I was really surprised that there are only twenty-six of us at school. I hope I can make some friends soon. Mum is coming to see me next weekend and I will also go to visit her in Madrid before the end of the month. I ask myself if she misses me.

Dad and I are getting used to spending more time together. I really didn't know he was so funny, nor that he liked silence so much. These days have been a bit stressful. I hope that things calm down soon.

- Compare how Sebas's life was in Madrid and how it is now in Lastres.

**MADRID**

**LASTRES**

Who does he live with? .....

How does he go to school? .....

What does he do in his free time? .....

- Analyse the advantages and disadvantages that living in Madrid and in Lastres might have for Sebas.

<b>MADRID</b>	
ADVANTAGES	DISADVANTAGES

<b>LASTRES</b>	
ADVANTAGES	DISADVANTAGES

- Do you think that Sebas could be experiencing the following emotions right now? Why?

enthusiasm .....

confusion .....

relief .....

euphoria .....

sadness .....

nostalgia .....

- Imagine that Sebas is a friend of yours. Now that he lives far away, complete the letter.

Hi Sebas!

How are you? I imagine that you're feeling ...

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In Madrid ...

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How is ...

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I would love ...

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I hope ...

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Lots of love ...

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**Emotional competences:**

Awareness of how emotions influence behaviour. Contribute to the well-being of others.

**2. Read the description that this person has written about herself. Then design a bedroom for her.**

My name is Julia and I'm 14 years old. I've had my own bedroom for two years and I love it! It's my refuge, my place to dream, to feel good and enjoy being alone. All my friends say that I'm a happy person and full of life. Although I'm also very home-loving. I think I'm an affectionate and fun person. I love to read, draw and lie down and dream about my future. I'm a big dreamer.



- What furniture would you include? Tick.

☐ bed with canopy

☐ truckle bed

☐ rocking chair

☐ large armchair

☐ desk

☐ bedside table

☐ bunk bed

☐ dressing table

☐ chest of drawers

- What other elements would you add?

☐ cushions

☐ small lamp

☐ music stand

☐ soft toys

☐ sewing machine

☐ piano

☐ mirrors

☐ coloured pencils and paint

☐ curtains

- What colours would you use to decorate it? Why?

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- How would you distribute the space? Design it.



3. Now look at this bedroom and explain what you think its owner is like. To help you, first answer the questions.



• Who do you think this room belongs to? Justify your answer.

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• Which of these words do you think defines him/her better? Justify your answer.

- |                                       |   |                                   |                                      |
|---------------------------------------|---|-----------------------------------|--------------------------------------|
| <input type="checkbox"/> introverted  | <input type="checkbox"/> extroverted    | <input type="checkbox"/> creative | <input type="checkbox"/> boring      |
| <input type="checkbox"/> cheerful     | <input type="checkbox"/> serious        | <input type="checkbox"/> tidy     | <input type="checkbox"/> unorganised |
| <input type="checkbox"/> affectionate | <input type="checkbox"/> short-tempered | <input type="checkbox"/> kind     | <input type="checkbox"/> lazy        |

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- What hobbies do you think this person has? Tick the statements that you think are correct.

- ☐ He/She likes unusual sports.
- ☐ He/She collects things.
- ☐ He/She is a big fan of superheroes.
- ☐ He/She loves mystery novels.
- ☐ He/She plays the saxophone.
- ☐ He/She likes classical music.

- What do you think these hobbies say about his/her personality?

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- Now write a description of the owner of this bedroom. Use the answers above as a guide.

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**Emotional competence:**

Awareness of how emotions influence behaviour.