

What's the Emotional Syllabus about?

The Emotional Syllabus is one of the resources we offer as part of the Cambridge Learning Journey. As you may already know, the Cambridge Learning Journey is the educational route which Cambridge University Press offers young learners from infancy up to late adolescence through its courses and accompanying resources. The aim of this learning journey is to help young learners not only become academically competent adults, but also to gain emotional and social competences.

Recent psychological studies have shown that a developed emotional competence favours both our social adaptation and the resolution of conflicts, but also improves our academic performance, our ability to make decisions and our well-being.

Our emotional education starts at an early age. After only a few months, a baby can express such emotions as surprise, anger, happiness and even fear. In the first few years other emotions begin to surface, such as love, sadness, shame and disgust. Children also learn how to recognise emotions in others and develop self-control mechanisms. In general, when children are around seven or eight years old they have a well-established understanding of their own emotions and those of others and begin to be able to talk about them. But their emotional education does not end at this point. In the following years of adolescence there is still a lot to learn and discover. They find that they begin to feel different emotions at the same time, which can cause complex mood swings where, for example, enthusiasm could have its origins in another emotion, such as love. Luckily, at this stage, they have more resources to control their emotions, amongst these is the capacity to make value judgements or to be aware of the consequences of the decisions they make when influenced by their emotions. They feel a deep need to create and maintain friendships, where the expression of and openness to emotions are key, along with the ability to positively impress others.

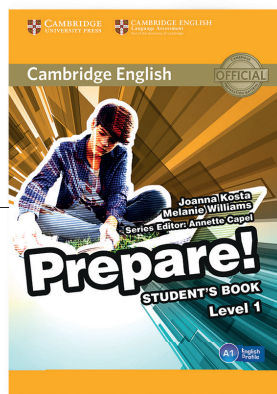
From a pedagogical perspective, it is a question of helping them identify and recognise both their own emotions and those of others, to control their reactions to situations which affect them in order to give an adequate response, to develop empathy and the ability to listen, so their relationships with others are friendly and honest. This will arm them with the capacity to construct the emotional states they need to deal with everyday situations and feel physically and mentally healthy.

The ideas put forward in the work of Rafael Bisquerra Alzina and Núria Pérez Escoda (2007) have been used as a point of reference to draw up an Emotional Syllabus, which includes a list of the emotions present in our materials along with each of the related emotional competences, teaching notes and extra worksheets full of ideas for working with the emotions and their competences in the classroom.



Emotional syllabus

Prepare! 1
(Student's book)

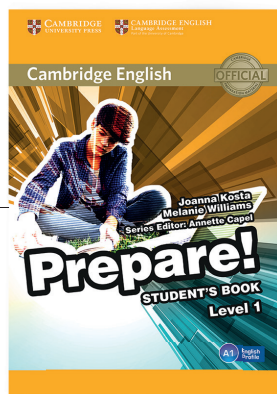


Unit		SB section		Emotion	Emotional competences
1	All about me	p15	New Friends	Insecurity	Self-motivation > Have a positive image of yourself. Social awareness > Be capable of communicating effectively.
2	Families	p20	Vocabulary	Sadness	Self-awareness > Name your emotions. Self-management > Be conscious of how emotions influence behaviour.
3	My home	p26	Reading	Delight	Self-management > Generate positive emotions and enjoy life. Life and well-being awareness > Have the capacity to enjoy your own well-being.
4	My things	p28	Reading	Remorse	Social awareness > Have the capacity to influence or manage other people's emotions. Self-awareness > Understand how others feel.
5	Yes, we can!	p38	Rubberboy	Astonishment	Life and well-being awareness > Have the capacity to enjoy positive experiences in all areas of life: work, social and personal. > Have the capacity to set ourselves positive and realistic goals.
6	Party time!	p42	Reading	Enthusiasm	Social awareness > Be capable of cooperating with others. Life and well-being awareness > Have the capacity to enjoy your own well-being.
7	Feeling Good	p48	Reading	Compassion	Life and well-being awareness > Look for help and resources. Self-awareness > Understand how others feel.
8	Things we do	p52	Reading and Vocabulary	Satisfaction	Self-awareness > Make decisions based on your own emotions. Self-motivation > Get emotionally involved in the positive aspects of your life.
9	My Day	p60	Reading	Happiness	Life and well-being awareness > Have the capacity to enjoy your own well-being. Self-motivation > Get emotionally involved in the positive aspects of your life.
10	Culture	p66	The School of the Air	Solitude	Self-management > Reduce the length and intensity of negative emotions. Self-motivation > Have the capacity for self-motivation.



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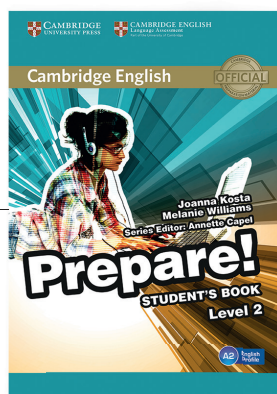
Unit		SB section		Emotion	Emotional competences
11	He's famous	p70	Reading	Desire	Social awareness > Understand that in human relationships sincerity and reciprocity are fundamental. Life and well-being awareness > Have the capacity to enjoy positive experiences in social life.
12	Working life	p74	Reading	Stress	Self-management > Be conscious of how emotions influence behaviour. > Generate positive emotions and enjoy life.
13	Places	p82	Reading	Pleasure	Self-awareness > Make decisions based on your own emotions. Self-management > Generate positive emotions and enjoy life.
14	Going out	p84	Reading and Vocabulary	Disappointment	Self-awareness > Understand how others feel. Self-management > Be conscious of how emotions influence behaviour.
15	Clothes	p90	Listening	Helplessness	Self-management > Manage frustration. Social awareness > Be capable of cooperating with others.
16	Buy it!	p94	Cartoon story	Gratefulness	Life and well-being awareness > Have the capacity to enjoy positive experiences in all areas of life: work, social and personal. > Contribute to others' well-being.
17	Comparing	p104	Great days out	Excitement	Self-awareness > Make decisions based on your own emotions. Life and well-being awareness > Have the capacity to enjoy positive experiences in social life.
18	The weather	p106	What do you think about the weather?	Melancholy	Social awareness > Have the capacity to influence or manage other people's emotions. > Be capable of communicating effectively.
19	Going places	p114	Reading	Fear	Self-awareness > Make decisions based on your own emotions. Social awareness > Be capable of cooperating with others.
20	A Russian Tale	p118	Listening	Acceptance	Self-motivation > Make sure there is harmony between your emotions and moral values. Social awareness > Understand that in human relationships sincerity and reciprocity are fundamental.



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Prepare! 2
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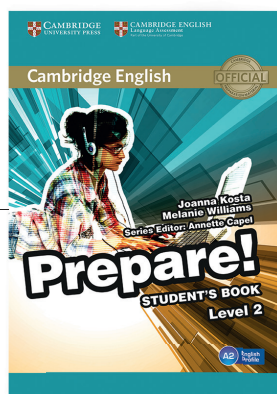
Unit		SB section		Emotion	Emotional competences
1	Sports and games	p16	Reading	Boredom	Self-management > Reduce the length and intensity of negative emotions. > Generate positive emotions and enjoy life.
2	Tastes Wonderful!	p20	Reading and Vocabulary	Acceptance	Social awareness > Show respect to others. Self-awareness > Make decisions based on your own emotions.
3	Great Sounds	p26	Reading	Enthusiasm	Self-motivation > Get emotionally involved in the positive aspects of your life. > Feel optimistic and capable, intend to make the world a better place.
4	A true story	p30	Reading	Relief	Self-awareness > Name your emotions. Self-management > Be able to express your emotions appropriately.
5	Fantastic facts	p36	Reading and Vocabulary	Admiration	Social awareness > Show respect to others. > Be capable of cooperating with other
6	What a great job!	p42	Reading and Vocabulary	Satisfaction	Life and well-being awareness > Have the capacity to enjoy positive experiences in all areas of life: work, social and personal. Social awareness > Be capable of communicating effectively.
7	Going places	p48	Reading and Vocabulary	Pride	Self-awareness > Understand how others feel. Life and well-being awareness > Take responsibility for making decisions using ethical, social and safety criteria.
8	Special places	p50	Reading and Vocabulary	Serenity	Life and well-being awareness > Have the capacity to enjoy positive experiences in social life. Self-motivation > Accept your own emotions even if they're not socially and culturally accepted.
9	Clothes and fashion	p60	Reading and Vocabulary	Astonishment	Life and well-being awareness > Have the capacity to enjoy positive experiences in all areas of life: work, social and personal. > Have the capacity to set ourselves positive and realistic goals.
10	Buying things	p64	Reading	Discouragement	Self-motivation > Have a positive image of yourself. > Make sure there is harmony between your emotions and moral values.



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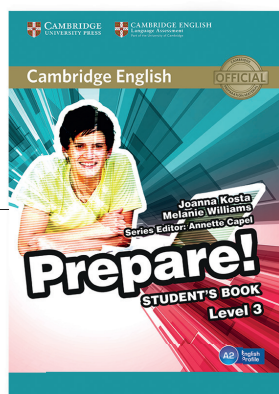
Unit		SB section		Emotion	Emotional competences
11	Eating out	p70	Reading and Vocabulary	Happiness	Life and well-being awareness > Have the capacity to enjoy your own well-being. Self-motivation > Get emotionally involved in the positive aspects of your life.
12	The latest technology	p73	Speaking	Frustration	Self-management > Be able to express your emotions appropriately. > Control your impulses.
13	Healthy bodies	p81	Speaking	Compassion	Life and well-being awareness > Look for help and resources. Self-awareness > Understand how others feel.
14	In the town	p86	Reading	Excitement	Self-awareness > Make decisions based on your own emotions. Life and well-being awareness > Have the capacity to enjoy positive experiences in social life.
15	Weather and places	p92	Reading	Confusion	Self-motivation > Evaluate social and cultural messages in the media critically. Social awareness > Be assertive.
16	Amazing animals	p94	Reading	Gratefulness	Life and well-being awareness > Have the capacity to enjoy positive experiences in all areas of life: work, social and personal. > Contribute to others' well-being.
17	What's on?	p104	Reading and Vocabulary	Desire	Social awareness > Understand that in human relationships sincerity and reciprocity are fundamental. Life and well-being awareness > Have the capacity to enjoy positive experiences in social life.
18	Papers and magazines	p109	Vocabulary	Love	Social awareness > Be capable of cooperating with others. Self-management > Be conscious of how emotions influence behaviour.
19	School can be fun!	p114	Reading and Vocabulary	Stress	Self-management > Be conscious of how emotions influence behaviour. > Generate positive emotions and enjoy life.
20	Families	p116	Reading and Vocabulary	Nostalgia	Self-awareness > Make decisions based on your own emotions. Social awareness > Control basic social abilities: having an open attitude to dialogue.



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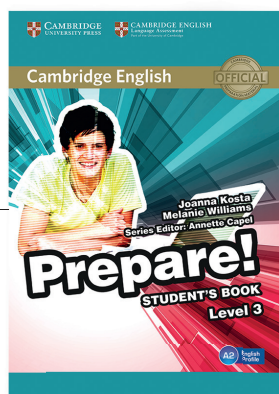
Unit		SB section		Emotion	Emotional competences
1	It's a challenge!	p13	Listening	Fear	Self-management > Be able to express your emotions appropriately. Social awareness > Be capable of cooperating with others.
2	The natural world	p17	Reading	Tenderness	Life and well-being awareness > Look for help and resources. > Be an active, civic and responsible citizen.
3	Travel: then and now	p20	Reading	Solitude	Self-management > Reduce the length and intensity of negative emotions. Social awareness > Be capable of cooperating with others.
4	My place	p24	Reading	Disappointment	Self-awareness > Understand how others feel. Self-management > Be conscious of how emotions influence behaviour.
5	School	p34	Reading	Stress	Self-management > Be conscious of how emotions influence behaviour. > Generate positive emotions and enjoy life.
6	It's very special	p38	Reading	Envy	Social awareness > Understand that in human relationships sincerity and reciprocity are fundamental. > Have the capacity to influence or manage other people's emotions.
7	Travel and holidays	p42	Reading and Vocabulary	Acceptance	Social awareness > Have the capacity to influence or manage other people's emotions. Life and well-being awareness > Contribute to others' well-being.
8	Life in the future	p46	Listening	Irritation	Social awareness > Control basic social abilities: being polite. > Show respect to others.
9	Sport and games	p56	Reading	Pride	Self-management > Be conscious of how emotions influence behaviour. > Control your impulses.
10	Useful websites	p60	Reading	Pleasure	Self-awareness > Make decisions based on your own emotions. Self-management > Generate positive emotions and enjoy life.



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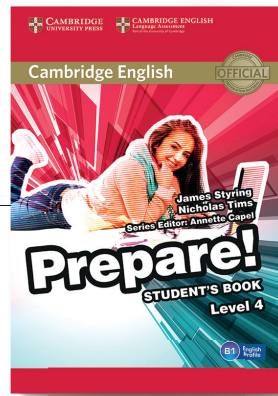
Unit		SB section		Emotion	Emotional competences
11	City living	p65	Reading and Grammar	Astonishment	Life and well-being awareness > Have the capacity to enjoy positive experiences in all areas of life: work, social and personal. Social awareness > Be capable of communicating effectively.
12	Festivals and films	p70	Reading	Excitement	Self-awareness > Make decisions based on your own emotions. Life and well-being awareness > Have the capacity to enjoy positive experiences in social life.
13	Life experiences	p78	Reading and Vocabulary	Nostalgia	Social awareness > Be capable of communicating effectively. > Be capable of cooperating with others.
14	Spending money	p83	Writing	Delight	Self-management > Generate positive emotions and enjoy life. Life and well-being awareness > Have the capacity to enjoy your own well-being.
15	Free time	p89	Reading	Admiration	Social awareness > Show respect to others. > Understand that in human relationships sincerity and reciprocity are fundamental.
16	So many languages!	p92	Reading	Being misunderstood	Social awareness > Control basic social abilities: having an open attitude to dialogue. > Show respect to others.
17	Staying healthy	p100	Reading and Vocabulary	Compassion	Life and well-being awareness > Look for help and resources. Self-awareness > Understand how others feel.
18	Expedition!	p104	Listening	Guilt	Life and well-being awareness > Take responsibility for making decisions using ethical, social and safety criteria. > Be an active, civic and responsible citizen.
19	Different ingredients	p110	Reading	Enthusiasm	Life and well-being awareness > Take responsibility for making decisions using ethical, social and safety criteria. > Be an active, civic and responsible citizen.
20	Changes	p114	Reading	Boredom	Self-management > Be conscious of how emotions influence behaviour. > Reduce the length and intensity of negative emotions.



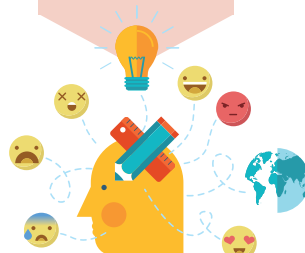
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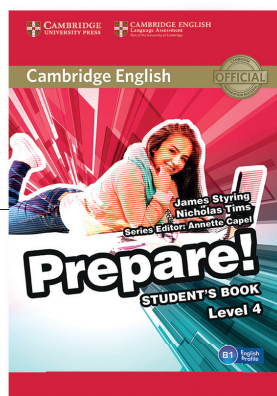
Unit		SB section		Emotion	Emotional competences
1	Personal profile	p11	Reading	Pleasure	Self-awareness > Make decisions based on your own emotions. Self-management > Generate positive emotions and enjoy life.
2	In fashion	p17	Listening	Nostalgia	Social awareness > Control basic social abilities: having an open attitude to dialogue. > Show respect to others.
3	My way of life	p21	Reading	Being misunderstood	Social awareness > Have the capacity to influence or manage other people's emotions. Self-motivation > Accept your own emotions even if they're not socially and culturally accepted.
4	Champions	p25	Reading	Euphoria	Self-awareness > Name your emotions. Self-management > Be able to express your emotions appropriately.
5	Take a good look	p33	Talking points	Hate	Self-management > Reduce the length and intensity of negative emotions. > Generate positive emotions and enjoy life.
6	Modern life	p37	Reading	Delight	Self-awareness > Understand how others feel. Life and well-being awareness > Have the capacity to enjoy positive experiences in social life.
7	Getting on	p43	Reading	Anger	Self-management > Control your impulses. > Manage frustration.
8	Going away	p47	Reading	Pride	Self-awareness > Understand how others feel. Life and well-being awareness > Have the capacity to enjoy positive experiences in social life.
9	Shop till you drop	p55	Reading	Helplessness	Self-management > Control your impulses. Life and well-being awareness > Contribute to others' well-being.
10	Taste this!	p59	Reading	Disgust	Social awareness > Control basic social abilities: having an open attitude to dialogue. > Show respect to others.



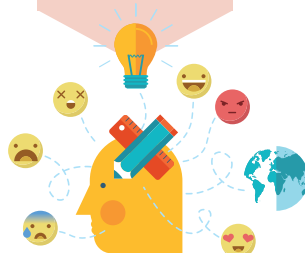
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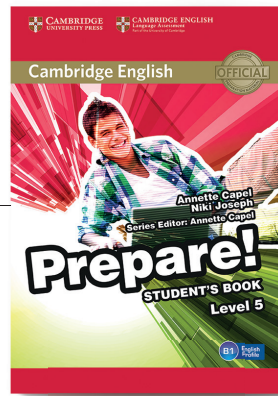
Unit		SB section		Emotion	Emotional competences
11	A healthy future	p65	Reading	Happiness	Life and well-being awareness > Have the capacity to enjoy your own well-being. Self-motivation > Get emotionally involved in the positive aspects of your life.
12	Incredible wildlife	p71	Listening	Astonishment	Life and well-being awareness > Have the capacity to enjoy positive experiences in all areas of life: work, social and personal. Self-motivation > Evaluate social and cultural messages in the media critically.
13	Moods and feelings	p76	Vocabulary	Confusion	Self-motivation > Accept your own emotions even if they're not socially and culturally accepted. > Be resilient.
14	Watch it, read it	p80	Vocabulary	Fear	Self-awareness > Make decisions based on your own emotions. Social awareness > Be capable of cooperating with others.
15	Digital life	p86	Vocabulary	Desire	Social awareness > Understand that in human relationships sincerity and reciprocity are fundamental. Life and well-being awareness > Have the capacity to enjoy positive experiences in social life.
16	Wish me luck!	p90	Vocabulary	Acceptance	Self-motivation > Make sure there is harmony between your emotions and moral values. Social awareness > Show respect to others.
17	Skills and talents	p99	Reading	Gratefulness	Life and well-being awareness > Have the capacity to enjoy positive experiences in all areas of life: work, social and personal. > Contribute to others' well-being.
18	The world of work	p103	Reading	Enthusiasm	Social awareness > Be capable of cooperating with others. Life and well-being awareness > Have the capacity to enjoy your own well-being.
19	The written word	p109	Reading	Satisfaction	Self-awareness > Make decisions based on your own emotions. Self-motivation > Get emotionally involved in the positive aspects of your life.
20	Puzzles and tricks	p114	Grammar	Compassion	Life and well-being awareness > Look for help and resources. Self-awareness > Understand how others feel.



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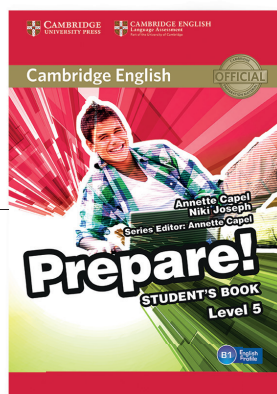
Unit		SB section		Emotion	Emotional competences
1	Going Shopping	p11	Reading	Hostility	Self-management > Control your impulses. Self-motivation > Make sure there is harmony between your emotions and moral values.
2	Friends forever	p15	Reading	Admiration	Life and well-being awareness > Have the capacity to enjoy positive experiences in social life. Social awareness > Understand that in human relationships sincerity and reciprocity are fundamental.
3	Fun and games	p21	Reading	Frustration	Self-management > Be able to express your emotions appropriately. > Manage frustration.
4	From fire to snow	p27	Listening	Relief	Life and well-being awareness > Be an active, civic and responsible citizen. > Contribute to others' well-being.
5	You made it!	p33	Reading	Satisfaction	Self-awareness > Make decisions based on your own emotions. Self-motivation > Get emotionally involved in the positive aspects of your life.
6	Take good care of yourself	p37	Reading	Solitude	Self-management > Reduce the length and intensity of negative emotions. Self-motivation > Have the capacity for self-motivation.
7	Sound checks	p43	Reading	Confusion	Self-management > Be conscious of how emotions influence behaviour. Self-awareness > Make decisions based on your own emotions.
8	Amazing architecture	p49	Listening	Sadness	Self-awareness > Name your emotions. Self-management > Be conscious of how emotions influence behaviour.
9	The future is now	p55	Reading	Pride	Self-motivation > Feel optimistic and capable, intend to make the world a better place. Social awareness > Be capable of cooperating with others.
10	Animals and us	p59	Reading / Talking points	Compassion	Life and well-being awareness > Look for help and resources. Self-awareness > Understand how others feel.



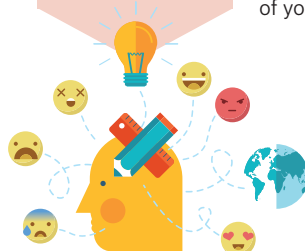
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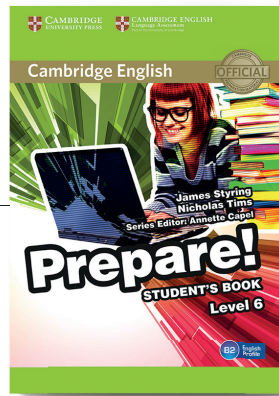
Unit		SB section		Emotion	Emotional competences
11	Off to school	p64	Vocabulary	Fear	Self-awareness > Make decisions based on your own emotions. Social awareness > Be capable of cooperating with others.
12	Getting around	p68	Vocabulary	Excitement	Self-awareness > Make decisions based on your own emotions. Life and well-being awareness > Have the capacity to enjoy positive experiences in social life.
13	Perfect or real?	p77	Reading	Acceptance	Self-motivation > Make sure there is harmony between your emotions and moral values. Social awareness > Understand that in human relationships sincerity and reciprocity are fundamental.
14	Ready to cook	p81	Reading	Pleasure	Self-awareness > Make decisions based on your own emotions. Self-management > Generate positive emotions and enjoy life.
15	City and countryside	p87	Reading	Stress	Self-management > Be conscious of how emotions influence behaviour. > Generate positive emotions and enjoy life.
16	Let's film that!	p93	Listening	Disappointment	Self-awareness > Understand how others feel. Self-management > Be conscious of how emotions influence behaviour.
17	Getting the message	p98	Vocabulary	Irritation	Social awareness > Control basic social abilities: being polite. > Show respect to others.
18	We love the celebs!	p105	Listening	Envy	Social awareness > Have the capacity to prevent and resolve interpersonal conflicts. Self-motivation > Make sure there is harmony between your emotions and moral values.
19	The world of work	p109	Reading	Desire	Social awareness > Be capable of cooperating with others. Life and well-being awareness > Have the capacity to enjoy positive experiences in social life.
20	Making plans	p113	Reading	Happiness	Life and well-being awareness > Have the capacity to enjoy your own well-being. Self-motivation > Get emotionally involved in the positive aspects of your life.



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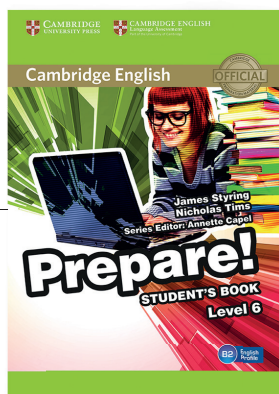
Unit		SB section		Emotion	Emotional competences
1	New year, new challenge	p11	Reading	Satisfaction	Self-awareness > Make decisions based on your own emotions. Self-motivation > Get emotionally involved in the positive aspects of your life.
2	Live music	p15	Reading/ Talking points	Desire	Social awareness > Understand that in human relationships sincerity and reciprocity are fundamental. Life and well-being awareness > Have the capacity to enjoy positive experiences in social life.
3	Family matters	p21	Reading	Anger	Social awareness > Have the capacity to prevent and resolve interpersonal conflicts. > Show respect to others.
4	Forces of nature	p27	Listening	Astonishment	Life and well-being awareness > Have the capacity to enjoy positive experiences in all areas of life: work, social and personal. > Have the capacity to set ourselves positive and realistic goals.
5	Virtual action	p33	Reading	Discouragement	Social awareness > Control basic social abilities: having an open attitude to dialogue. > Show respect to others.
6	Creative eating	p37	Reading	Disgust	Social awareness > Show respect to others. > Be capable of cooperating with others.
7	Teen fiction	p43	Reading	Pleasure	Self-awareness > Make decisions based on your own emotions. Self-management > Generate positive emotions and enjoy life.
8	Getting away from it all	p47	Reading / Talking points	Solitude	Self-management > Reduce the length and intensity of negative emotions. Self-motivation > Have the capacity for self-motivation.
9	Spend or save?	p54	Vocabulary	Happiness	Life and well-being awareness > Have the capacity to enjoy your own well-being. Self-motivation > Get emotionally involved in the positive aspects of your life.
10	Give me a hand	p59	Reading	Enthusiasm	Self-motivation > Evaluate social and cultural messages in the media critically. Life and well-being awareness > Have the capacity to enjoy your own well-being.



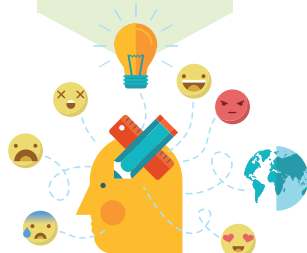
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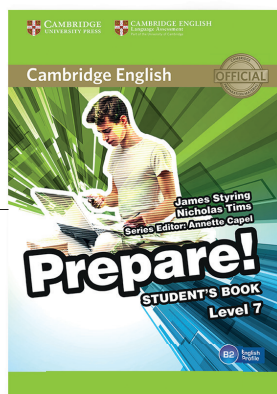
Unit		SB section		Emotion	Emotional competences
11	The digital age	p65	Reading	Astonishment	Life and well-being awareness > Have the capacity to enjoy positive experiences in all areas of life: work, social and personal. > Have the capacity to set ourselves positive and realistic goals.
12	My circle of friends	p69	Reading	Insecurity	Self-motivation > Have a positive image of yourself. Social awareness > Be capable of communicating effectively
13	Sports stars	p77	Reading	Excitement	Self-awareness > Make decisions based on your own emotions. Life and well-being awareness > Have the capacity to enjoy positive experiences in social life.
14	Accident and emergency	p83	Listening	Compassion	Life and well-being awareness > Look for help and resources. Self-awareness > Understand how others feel.
15	Telling the truth	p87	Reading	Guilt	Self-awareness > Name your emotions. Self-management > Be conscious of how emotions influence behaviour.
16	Who cares?	p90	Reading	Helplessness	Self-management > Manage frustration. Social awareness > Be capable of cooperating with others.
17	Art is fun!	p99	Reading	Admiration	Life and well-being awareness > Have the capacity to enjoy positive experiences in social life. Social awareness > Understand that in human relationships sincerity and reciprocity are fundamental.
18	Challenging fate	p103	Reading	Pride	Self-motivation > Feel optimistic and capable, intend to make the world a better place. Social awareness > Be capable of cooperating with others.
19	Against the law	p109	Reading	Remorse	Social awareness > Have the capacity to influence or manage other people's emotions. Self-awareness > Understand how others feel.
20	Places to hang out	p113	Reading	Serenity	Self-management > Generate positive emotions and enjoy life. Life and well-being awareness > Have the capacity to set ourselves positive and realistic goals.



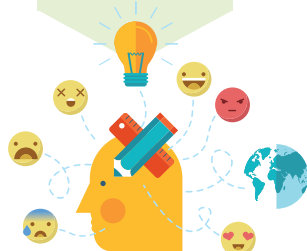
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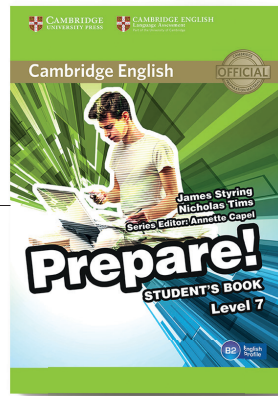
Unit	SB section	Emotion	Emotional competences
1 Creative minds	p11 Reading	Admiration	Life and well-being awareness > Have the capacity to enjoy positive experiences in social life. Social awareness > Understand that in human relationships sincerity and reciprocity are fundamental.
2 Addicted to fashion	p15 Reading	Envy	Social awareness > Have the capacity to prevent and resolve interpersonal conflicts. Self-motivation > Make sure there is harmony between your emotions and moral values.
3 All in the mind	p21 Reading	Tenderness	Life and well-being awareness > Look for help and resources. Self-awareness > Understand how others feel.
4 Take a deep breath	p25 Reading	Stress	Self-management > Be conscious of how emotions influence behaviour. > Generate positive emotions and enjoy life.
5 Past times	p32 Vocabulary	Nostalgia	Self-management > Be conscious of how emotions influence behaviour. Self-awareness > Make decisions based on your own emotions.
6 Strong emotions	p37 Reading	Fear	Self-awareness > Make decisions based on your own emotions. Social awareness > Be capable of cooperating with others.
7 Telling stories	p43 Reading	Boredom	Self-management > Reduce the length and intensity of negative emotions. > Generate positive emotions and enjoy life.
8 A great place to live	p47 Reading	Happiness	Life and well-being awareness > Have the capacity to enjoy your own well-being. Self-motivation > Get emotionally involved in the positive aspects of your life.
9 Being positive	p55 Reading / Talking points	Enthusiasm	Social awareness > Be capable of cooperating with others. Life and well-being awareness > Have the capacity to enjoy your own well-being.
10 Surprise!	p59 Reading	Hostility	Social awareness > Show respect to others. > Have the capacity to prevent and resolve interpersonal conflicts.



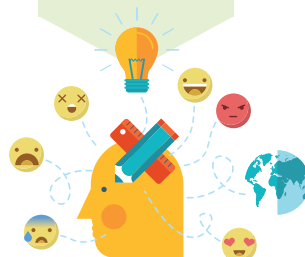
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Emotional syllabus

Prepare! 7
(Student's book)



Unit		SB section		Emotion	Emotional competences
11	The family unit	p65	Reading	Love	Life and well-being awareness > Have the capacity to set ourselves positive and realistic goals. > Have the capacity to enjoy positive experiences in all areas of life: work, social and personal.
12	Making a difference	p69	Reading	Compassion	Life and well-being awareness > Look for help and resources. Self-awareness > Understand how others feel.
13	Leading the way	p77	Reading	Helplessness	Self-management > Manage frustration. Social awareness > Be capable of cooperating with others.
14	Getting there	p81	Reading	Solitude	Self-management > Reduce the length and intensity of negative emotions. Self-motivation > Have the capacity for self-motivation.
15	The bigger picture	p87	Reading	Discouragement	Social awareness > Control basic social abilities: having an open attitude to dialogue. > Show respect to others.
16	New and improved!	p90	Vocabulary	Irritation	Social awareness > Control basic social abilities: being polite. > Show respect to others.
17	Making headlines	p99	Reading	Satisfaction	Self-awareness > Make decisions based on your own emotions. Self-motivation > Get emotionally involved in the positive aspects of your life.
18	Start-up	p103	Reading	Discouragement	Social awareness > Control basic social abilities: having an open attitude to dialogue. > Show respect to others.
19	Points of view	p109	Reading	Being misunderstood	Social awareness > Have the capacity to prevent and resolve interpersonal conflicts. > Be assertive.
20	Speak up	p113	Reading	Acceptance	Self-motivation > Make sure there is harmony between your emotions and moral values. Social awareness > Understand that in human relationships sincerity and reciprocity are fundamental.



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