

Planet Emo

Emo - emotions take
over here!





The Planet Emo contains 272 interactive activities that support the proper emotional development of preschool and early school children. The tasks contained in them develop the ability to recognize emotions, name them and express them. They foster the acquisition of social competences, shape the ability to establish relationships, and teach empathy. In the personal dimension, they strengthen self-esteem and self-confidence. Thanks to revalidation activities, they support the development of social and emotional development skills in children with disorders, deficits and disabilities.





Knowla's apps are dedicated to children from the age of 3.

The Planet Emo apps include difficulty levels:

- **level 1: 3 - 4 years,**
- **level 2: 5 - 6 years**
- **level 3: 7 - 10+ years**



The age of use shown is only suggested. Each activity and its level should be selected according to the student's abilities and special educational needs (whether levelling or developing talents).

Activities support the development of, among others:

- expressing feelings
- emotion recognition
- recognition of non-verbal signals
- understanding the emotions of oneself and others
- emotion regulation
- emotions
- emotional and social skills
- emotion regulation
- creating a strategy for the occurring events
- building positive models to express positive and negative feelings



Planet Emo in the Educational Universe



Knowla.edu

09:49



Planet Emo

MANUAL

The Planet Emo contains 272 interactive activities that support the proper emotional development of preschool and early school children. The tasks contained in them develop the ability to recognize emotions, name them and express them. They foster the acquisition of social competences, shape the ability to establish relationships, and teach empathy. In the personal dimension, they strengthen self-esteem and self-



Planet Fruu
Available

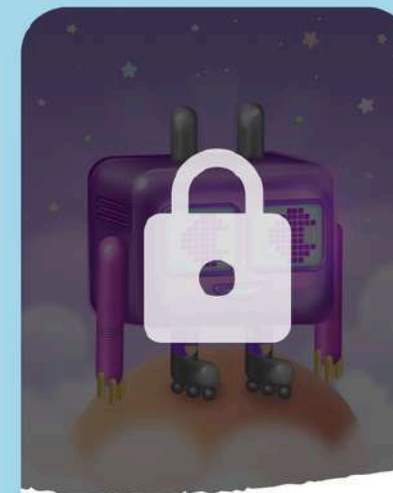


Planet Emo
Available

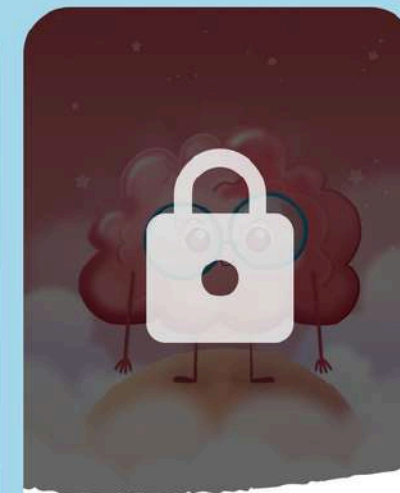
DISCOVER



Planet EduMini
Available



Planet Pi
Buy access



Planet M
Buy access



Planet Ziuuu
Buy access

Knowla



System buttons and menu view

Main menu - legend



return to all planets view



previous planets/apps/activities



more planets/apps/activities



access to the application search engine



go to settings: language selection, license code activation, service settings



sound on/off (turning off the sound at the planet/application selection level will turn off the sound in each subsequent active activity; turning off the sound in an activity will only be active when playing in a given activity)













to select Knowla.fun or Knowla.edu mode



switch to windows desktop view; the application will remain active in the taskbar all the time



Menu icons in activities - legend

	exiting the activity to the planet view (application selection); any changes made will be lost		previous board
	reload activity; any changes made will be lost		next board
	sound on/off		enables the numeric scale
	background change		interactive activity guide
	exit to the activity selection list, any changes will be lost		allows you to move the object around the board



Successful activity

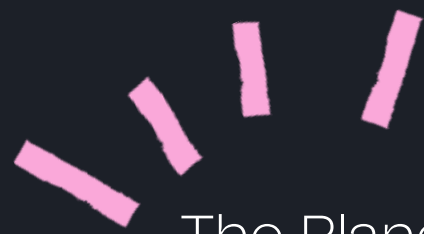


Activity failed



Activity list
with quantity or time





The Planet Emo includes 14 apps with 272 activities:

1. Wheel of emotions - 1 activity
2. Feeling Thermometer - 1 activity
3. Memory with emotions - 3 levels, 90 activities
4. Match emotions in pairs - 3 levels, 60 activities
5. Dominoes with emotions - 3 levels, 3 activities
6. Avatar of Feelings - 1 activity
7. Colour emotions - drawing - 39 activities
8. Colour emotions - filling - 39 activities
9. Catch emotes - 1 activity
10. Labyrinths of emotions - 3 levels, 30 activities
11. Sudoku with emotions - 2 levels, 2 activities
12. Mirror of emotions - 1 activity
13. Emotions have relaxation - 1 activity, duration: 6 minutes
14. Where is the monster? - 3 activities



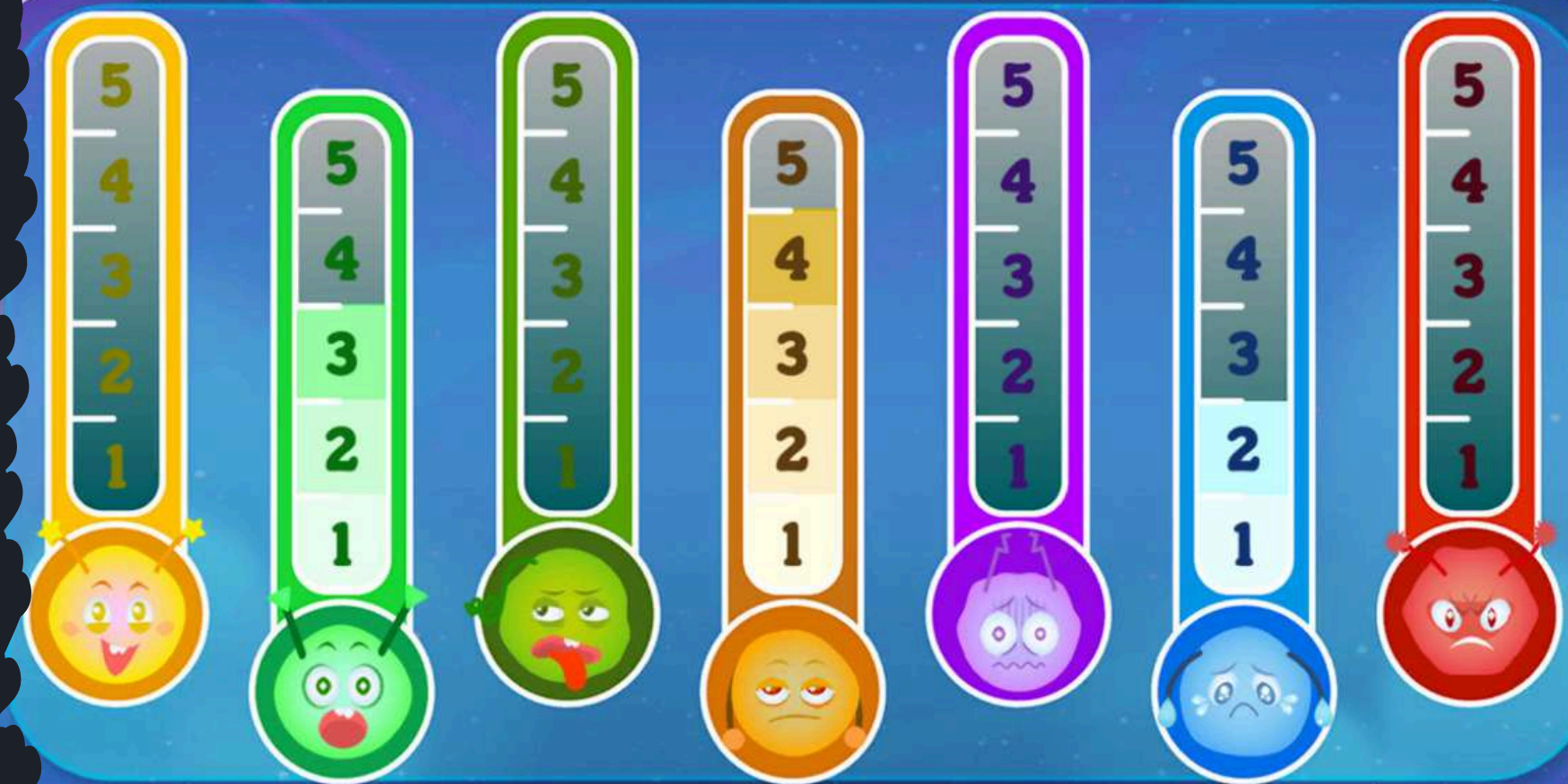
Wheel of emotions

Within the activity there is a wheel with 7 emotions: joy, sadness, anger, fear, surprise, disgust, boredom based on the Kaitlin Robbs emotion wheel. Each of them has three levels of intensity. It is enough to throw a ball or move a pen to a given field of emotion and intensity, so that the arrow moves to this field.



Feeling Thermometer

Within the activity, there are 7 emotions: joy, sadness, anger, fear, surprise, disgust, boredom based on the Kaitlin Robbs emotion wheel. One thermometer with 5 fields of emotional intensity is assigned to each of them. Just click on the appropriate field and a given value in a given emotion will be marked. Each thermometer works independently of the others. In the side panel, you can activate the numeric scale that will appear on the thermometer.



Memory with emotions

The way it works is the same as in traditional memory. By tapping on the cards, the card is flipped. You can only flip two cards at a time each turn. The task is to find two of the same pictures related to emotions. If two of the same cards are dealt correctly, they remain face up. If they are different, they will return to their original position and be discoverable in the next round.

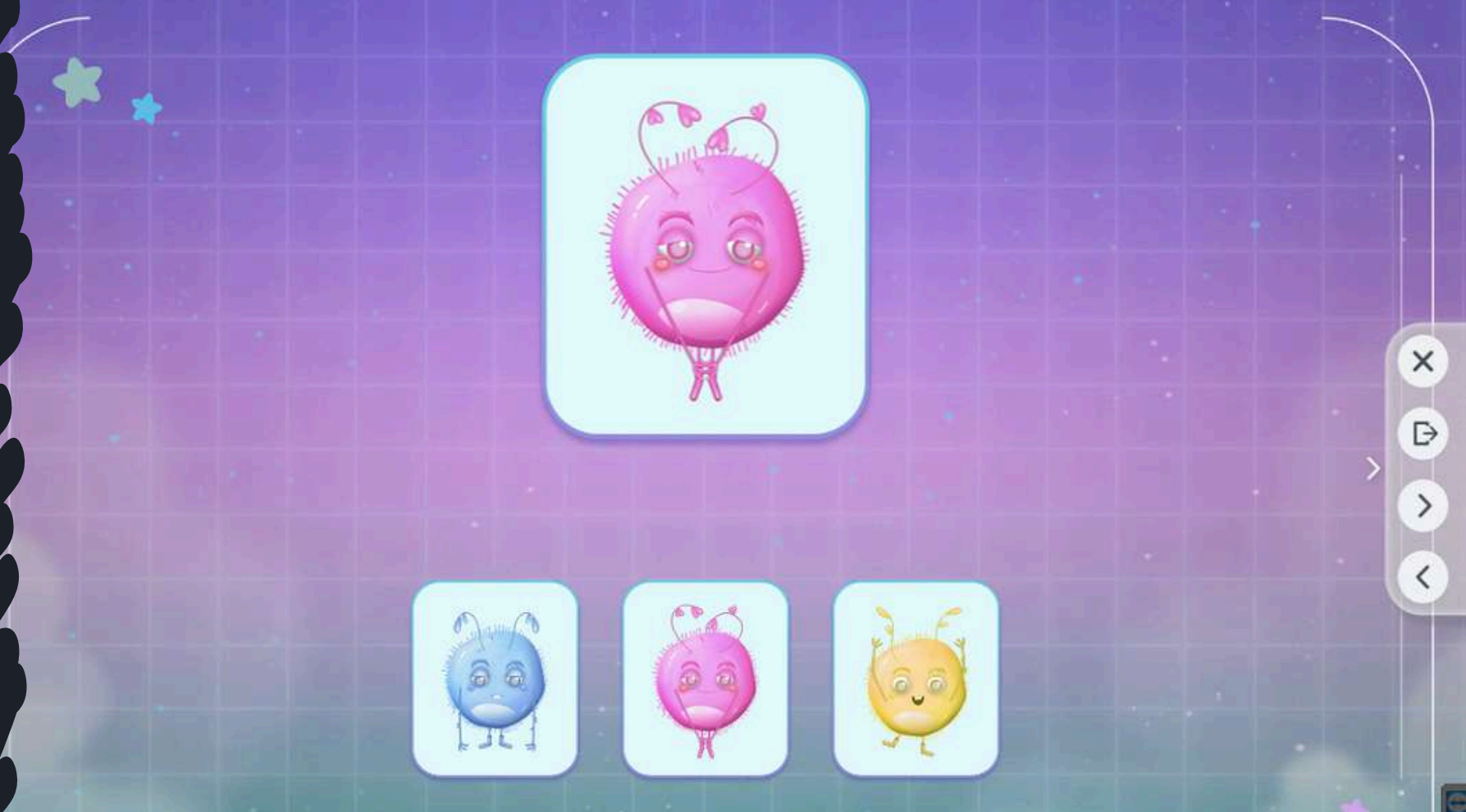
Difficulty levels differ in the number of cards on the board.



Match emotions in pairs

The activity has two or three rows of cards showing different characters with different emotions. The task is to choose from the bottom row a card that shows the same picture, what's the one at the top. After successfully completing the task, the activity will be successful.

Difficulty levels differ in the number of cards to choose from at the bottom of the board.

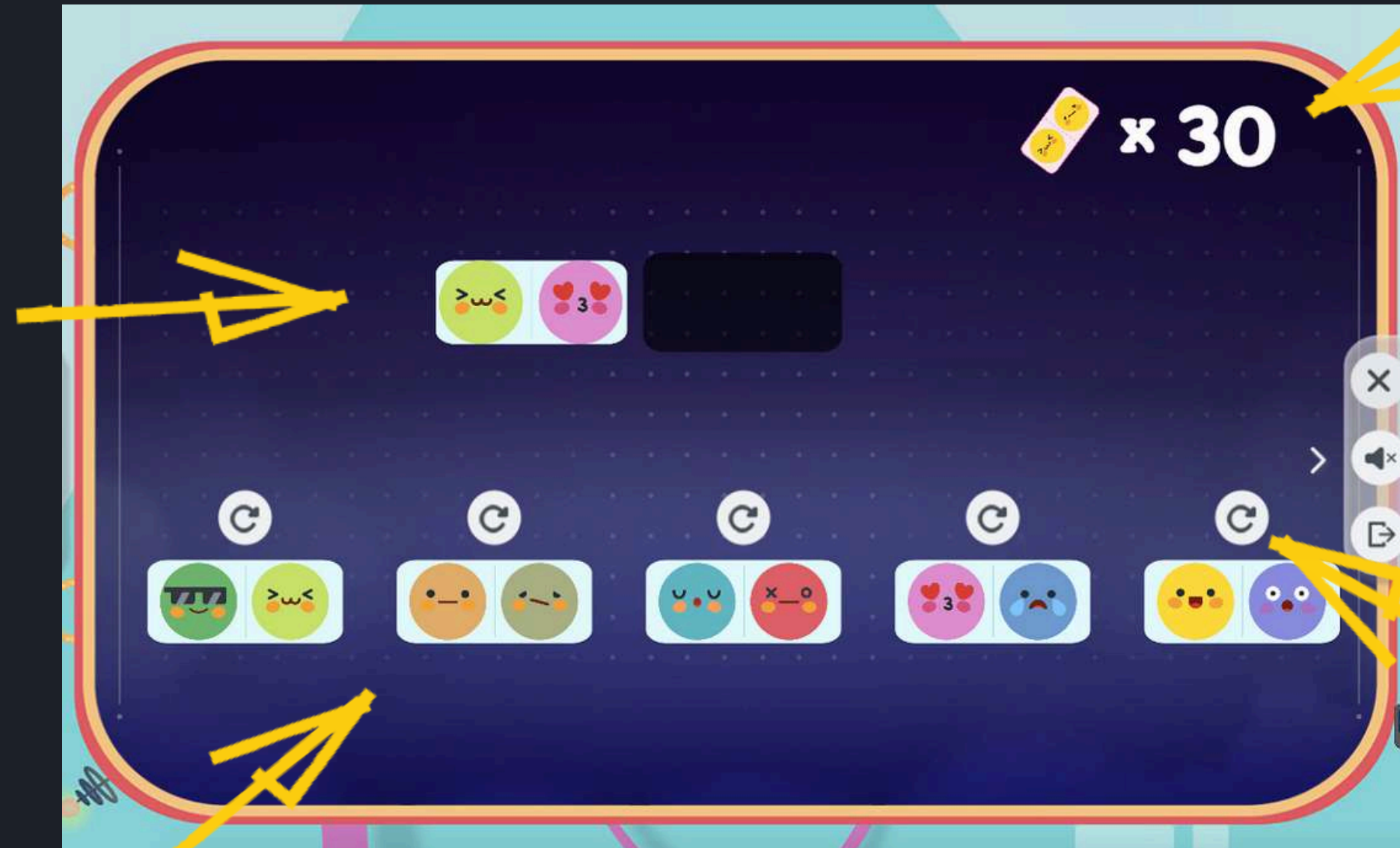


Dominoes with emotions

Legend:

dominoes set

number of cubes to solve



possible to arrange dominoes

domino flip

Dominoes with emotions

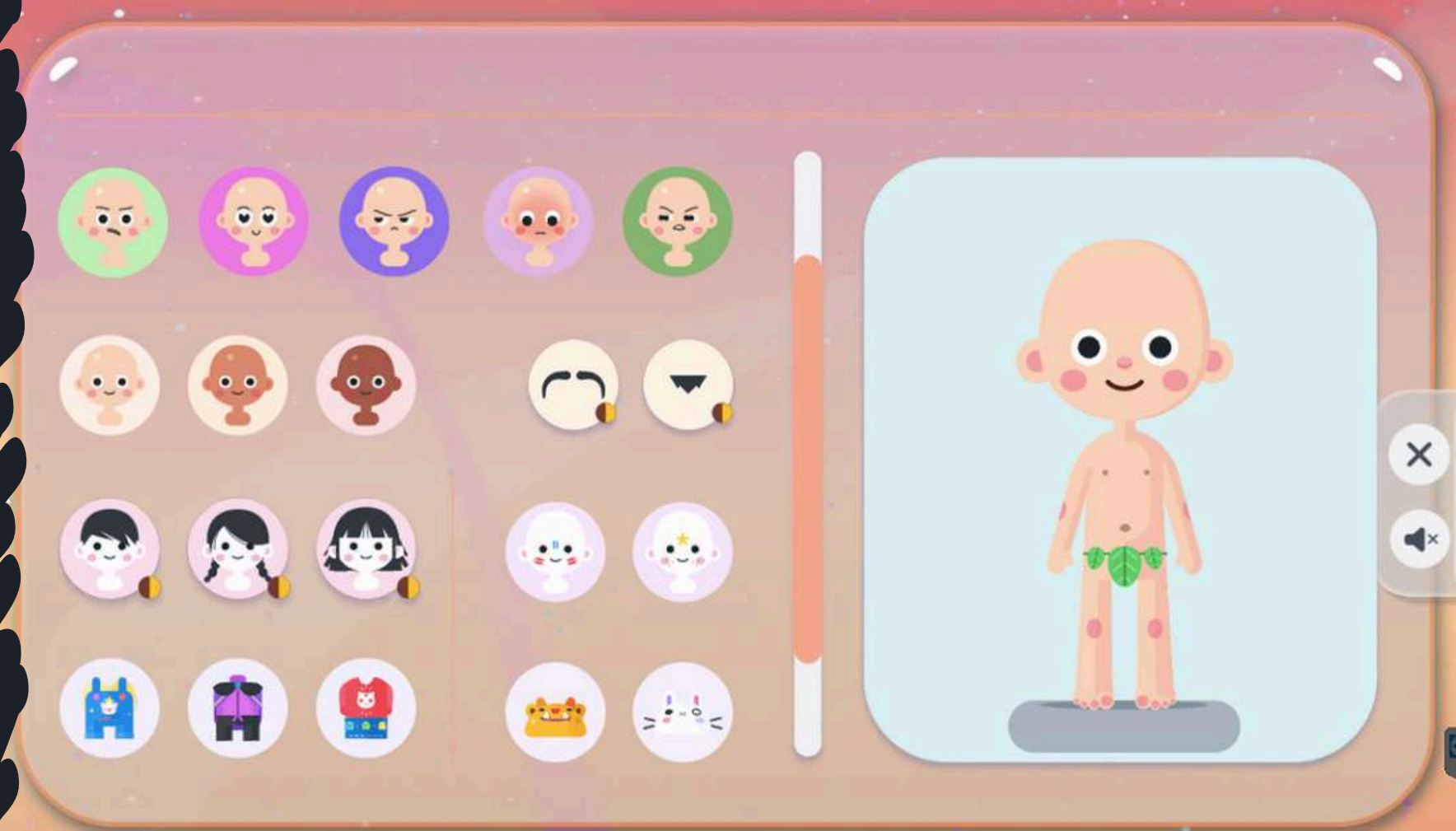
The activity refers to the classic domino. The differentiating elements are the color of the dice and the number of dominoes on the dice. At the top of the board, a domino is displayed, to which another one must be added. There are dominoes to choose from below. Each of the cubes to choose from can be rotated with the arrow button above the cube. The dice are set by matching the number of meshes (left side of the dice at the top, right side of the dice at the bottom). It is also important to match the cubes in terms of color. If you press the wrong cube or a wrongly rotated cube, it returns to its place, then you can try to solve the domino chain again. After the correct arrangement of the cube, all the cubes at the bottom are drawn again, and the previously placed cube becomes the one to which the next one must be matched. At the top of the board, the number of dice required to be solved is indicated (this number varies depending on the selected level). The activity ends when the chain is correctly arranged of a certain length.

Activity designed to work with pens.

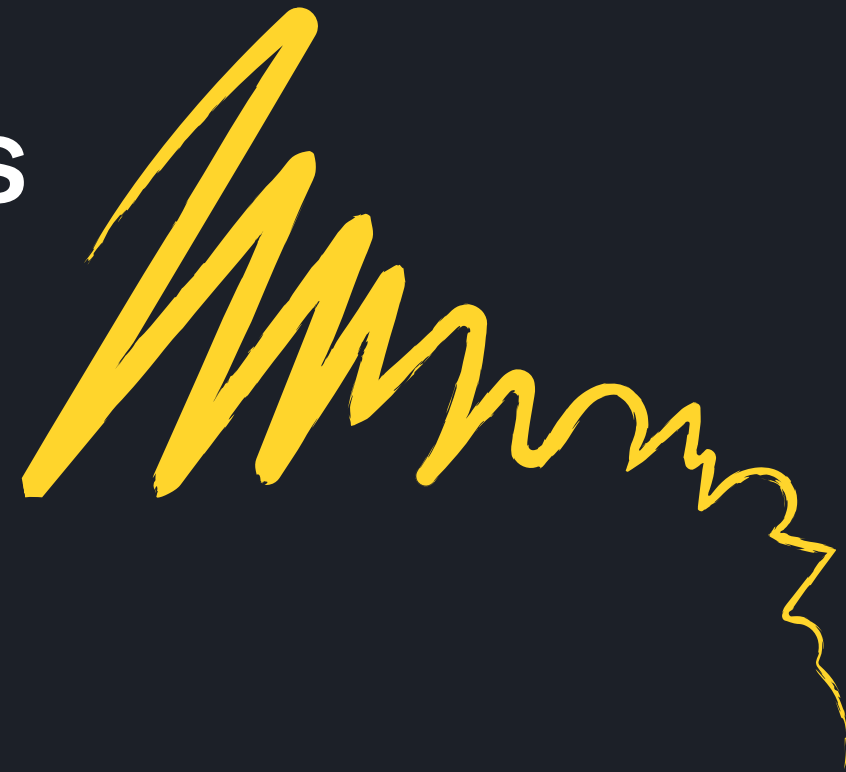


Avatar of Feelings

On the left is a set of different elements and facial expressions that will appear on the avatar on the right when pressed. By moving the slider, more clothing accessories appear. Some elements have a symbol (brown-yellow circles) that informs about the availability of other colour versions of the element. To change the colour, press the item again. To remove an element from the avatar, you need to click on the element again (if it has more colour versions, after going through all the variants there is also an option to take a photo). Elements from the same category, e.g. type of hairstyle, do not overlap.

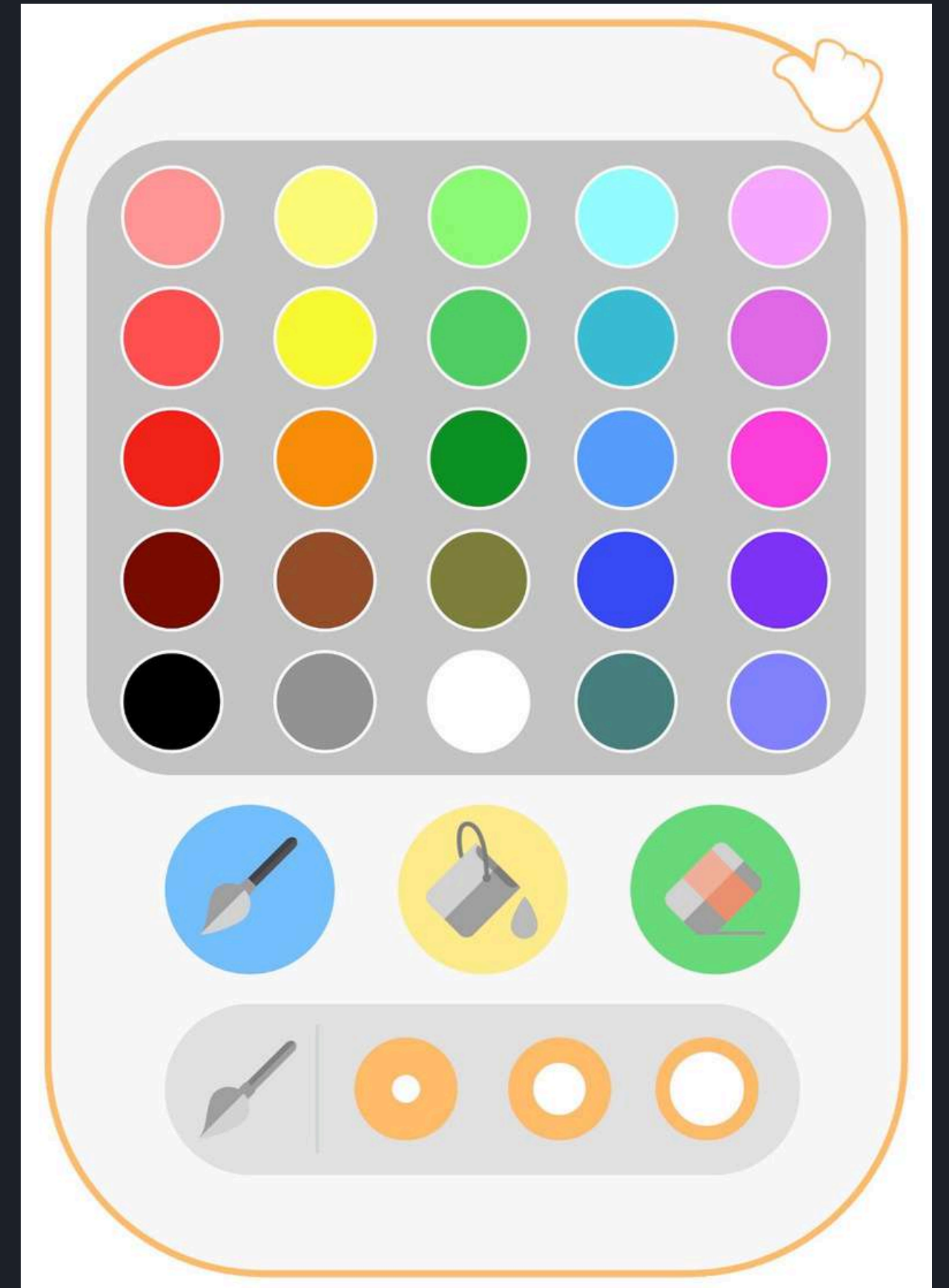


Colour the emotions



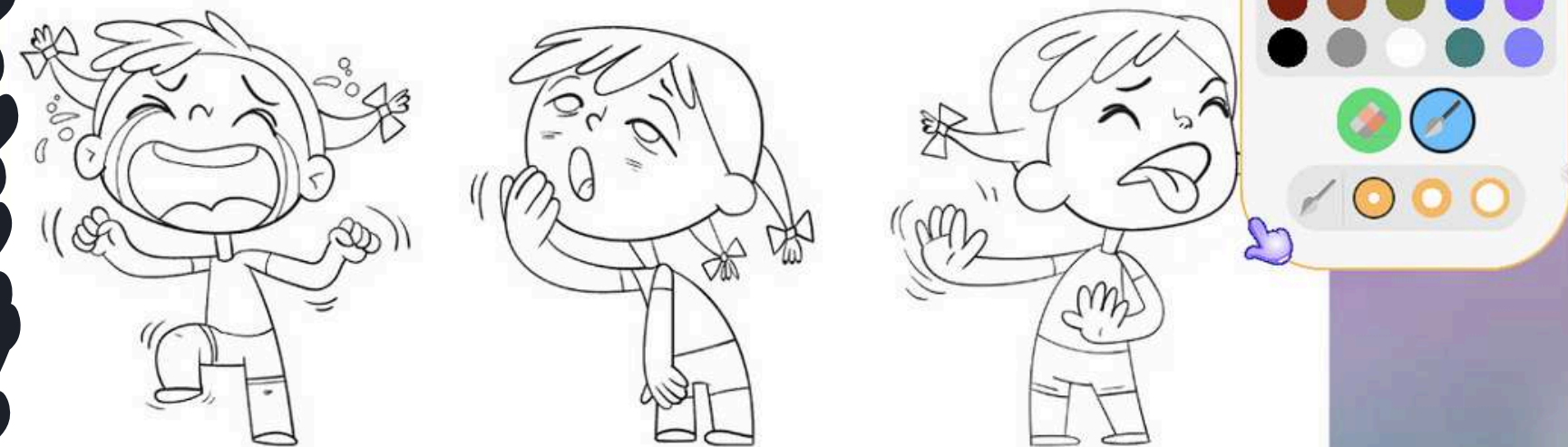
Legend:

- handle - a colour palette with painting accessories can be placed at any point in the field
- brush - freehand colouring
- eraser - colour removal
- bucket - fill with colour
- size - selection of brush or eraser thickness
- colours - colour selection



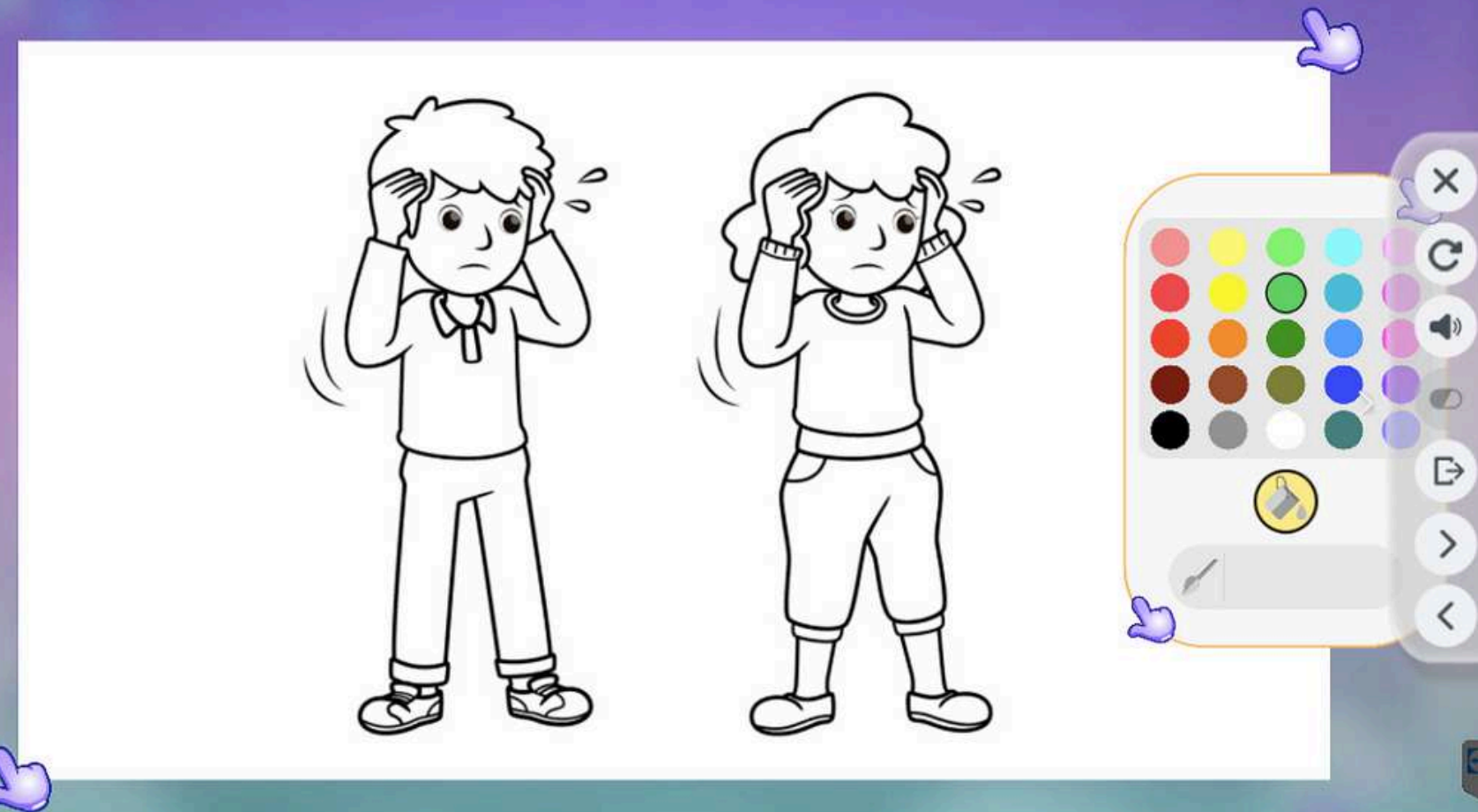
Colour the emotions - drawing

The activity refers to the traditional colouring book. From the side menu, select the colour, the size of the drawing trace, the symbol of the eraser (which works like a classic eraser). After choosing the size of the drawing trace and colour, the child fills in the colouring book, drawing as if he were doing it on paper. Lines can be painted with colour. During colouring, it is worth controlling and correcting the correct grip of the pen by the child.



Colour the emotions - filling

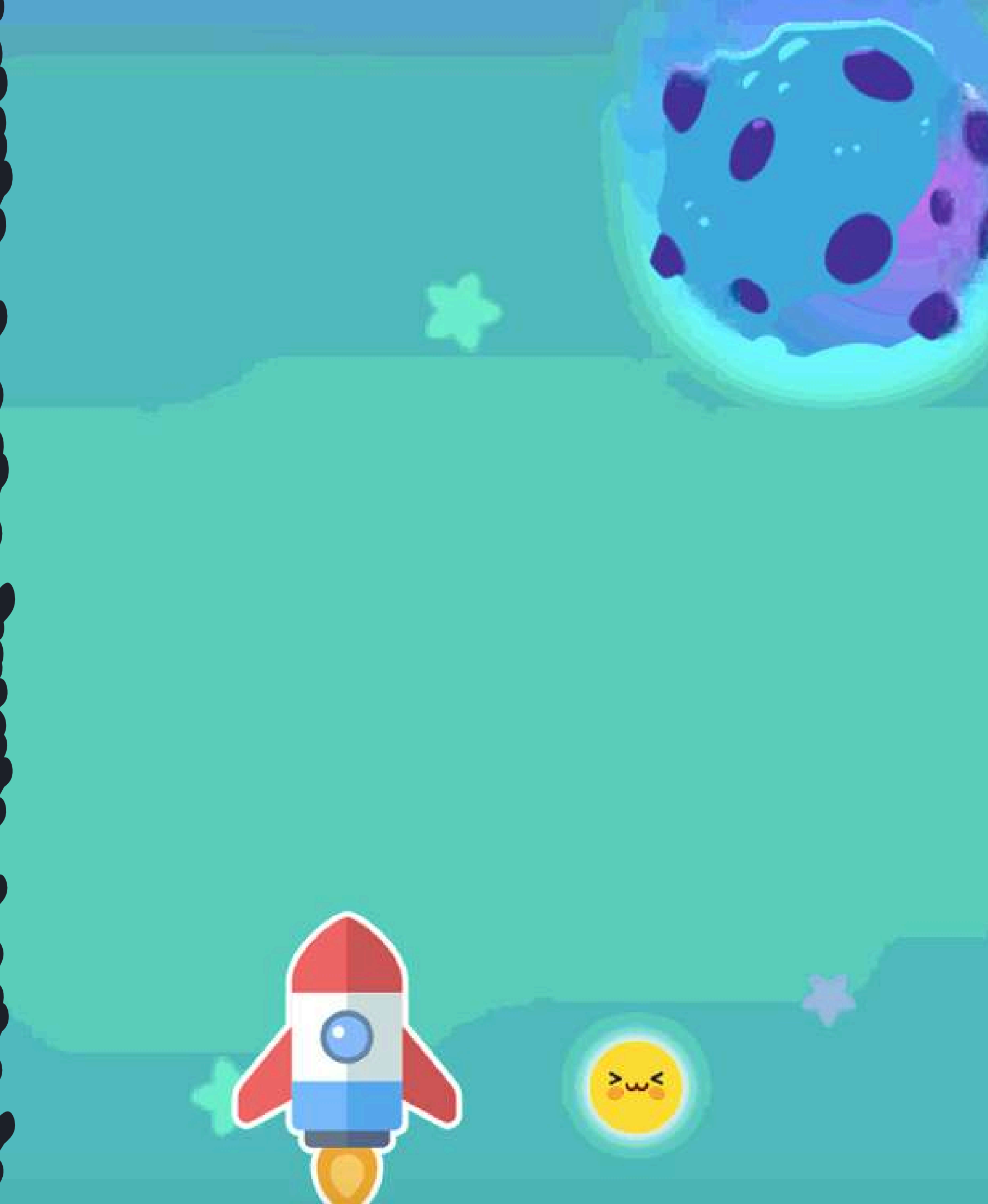
The activity refers to the traditional colouring book in digital versions. Instead of drawing, the shape is filled with a given colour. Instead of a brush symbol, there is a paint container symbol. The selected colour is selected, and then presses on the given field. After a while it will fill with the given colour. An activity dedicated to younger children who learn how to grip the pen correctly.



Catch emotes

The task of the participant is to collect emotes that are fuel for the rocket and avoid meteorites. Just press the pen or throw the ball in the right direction for the rocket to move to a given place.

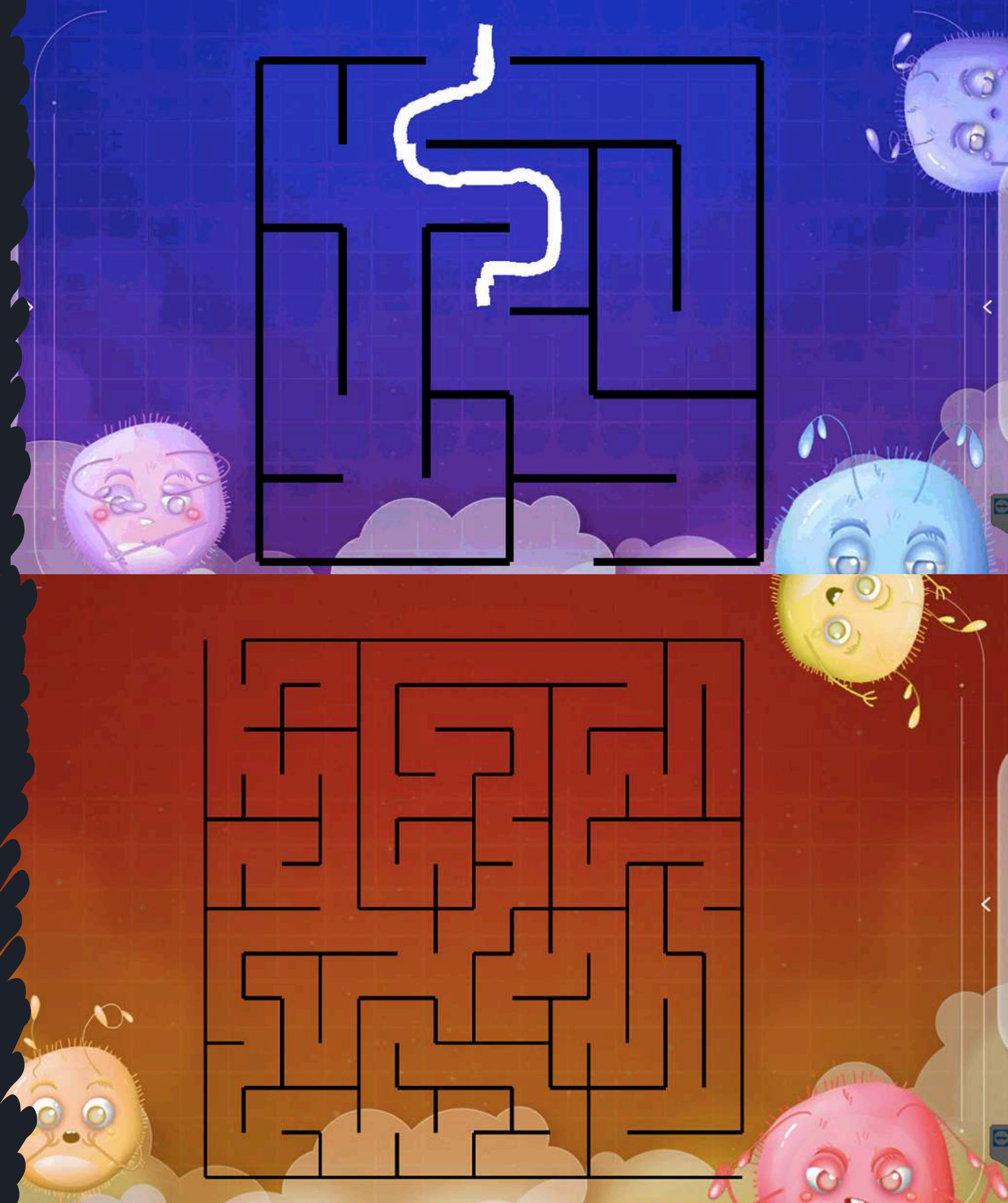
The game ends when the rocket crashes into a meteorite or the emote fuel runs out.



Labyrinths of emotions

Use a marker to mark a line from the entrance to the maze to its end. The line must not be interrupted anywhere. If a line breaks, make sure that the continuation is connected to the previous line. The line should also not go to the edges of the maze - the line drawn so far will be highlighted in red and disappear. Pay attention to whether the drawn line extends beyond the entrance/exit of the maze. A correctly drawn line should turn green and all activity is successful. It does not matter from which side the participant enters the maze. After passing the maze, the activity will be successful.

Activity designed to work with pens.



Sudoku with emotions

Legend:

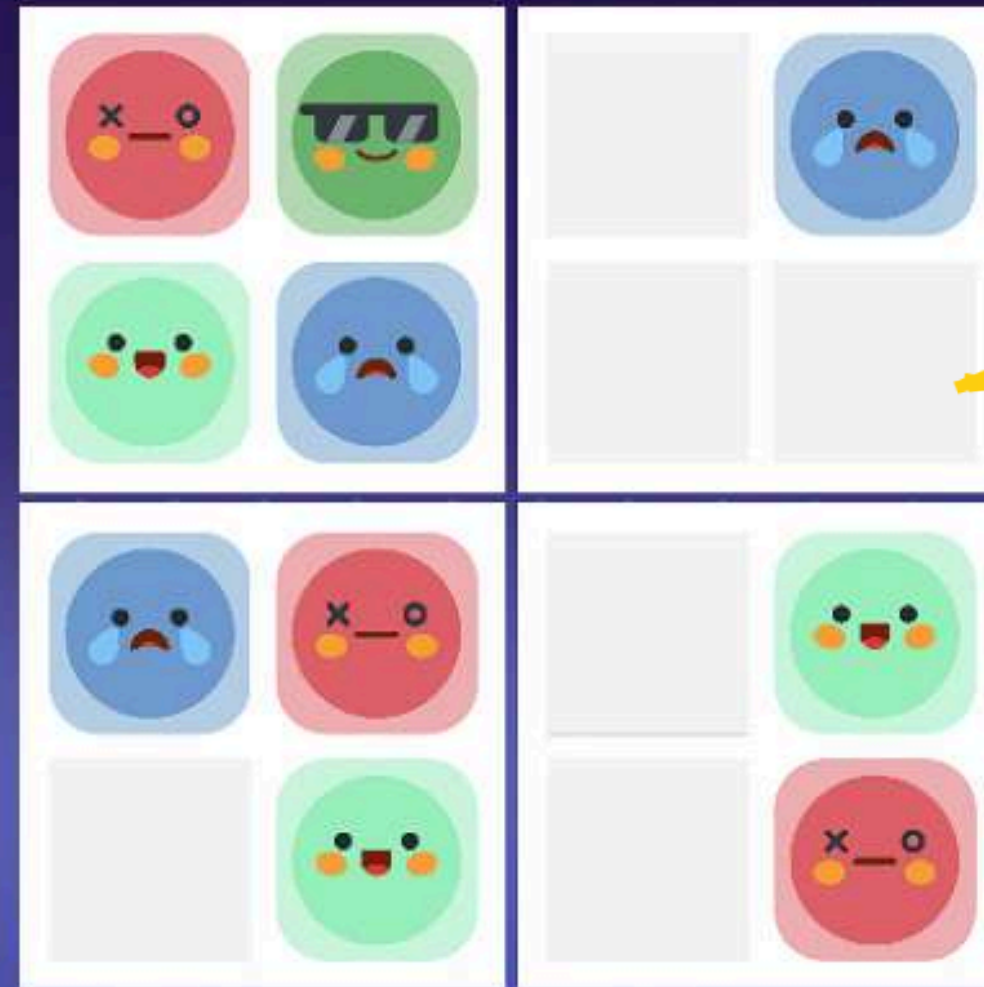
emotions to use on the board



check - checking the correctness of the task



board



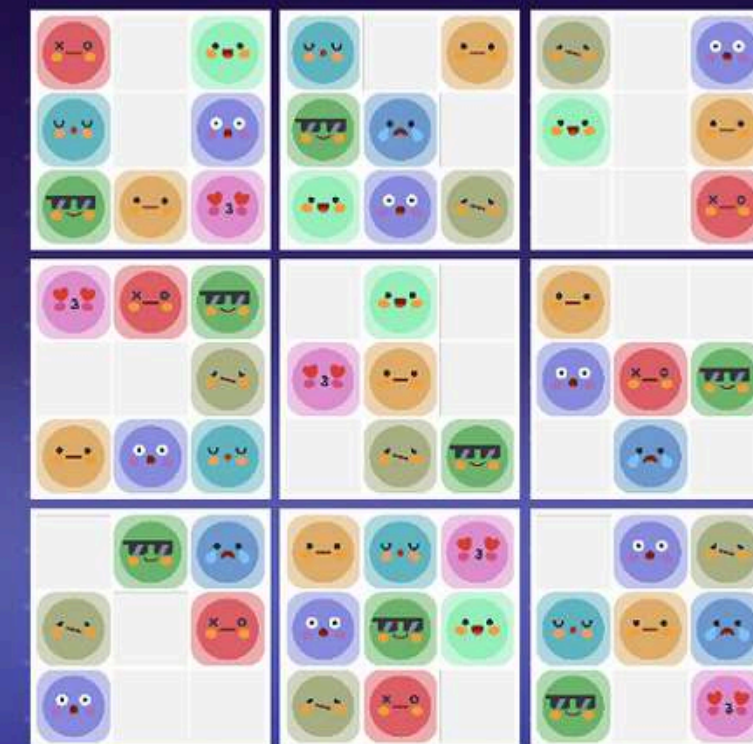
empty field - places to arrange the numbers

Sudoku with emotions

The activity refers to the classic sudoku. Emotes cannot repeat in 2x2 or 3x3 squares (depending on the level) and in horizontal, vertical or diagonal lines. To insert a given emote, check the box, select the emote from the menu, and it will appear in the field. Inserted emotes can be changed or reset to an empty field. Pressing check completes the sudoku puzzle.

The activity is successful when all emotes are set correctly and confirmed with the check button. If, after pressing check, the board was not filled or an emote was incorrectly set, the activity ends in a failure.

The levels differ in the number of sudoku squares: 4x4 sudoku or 9x9 sudoku.



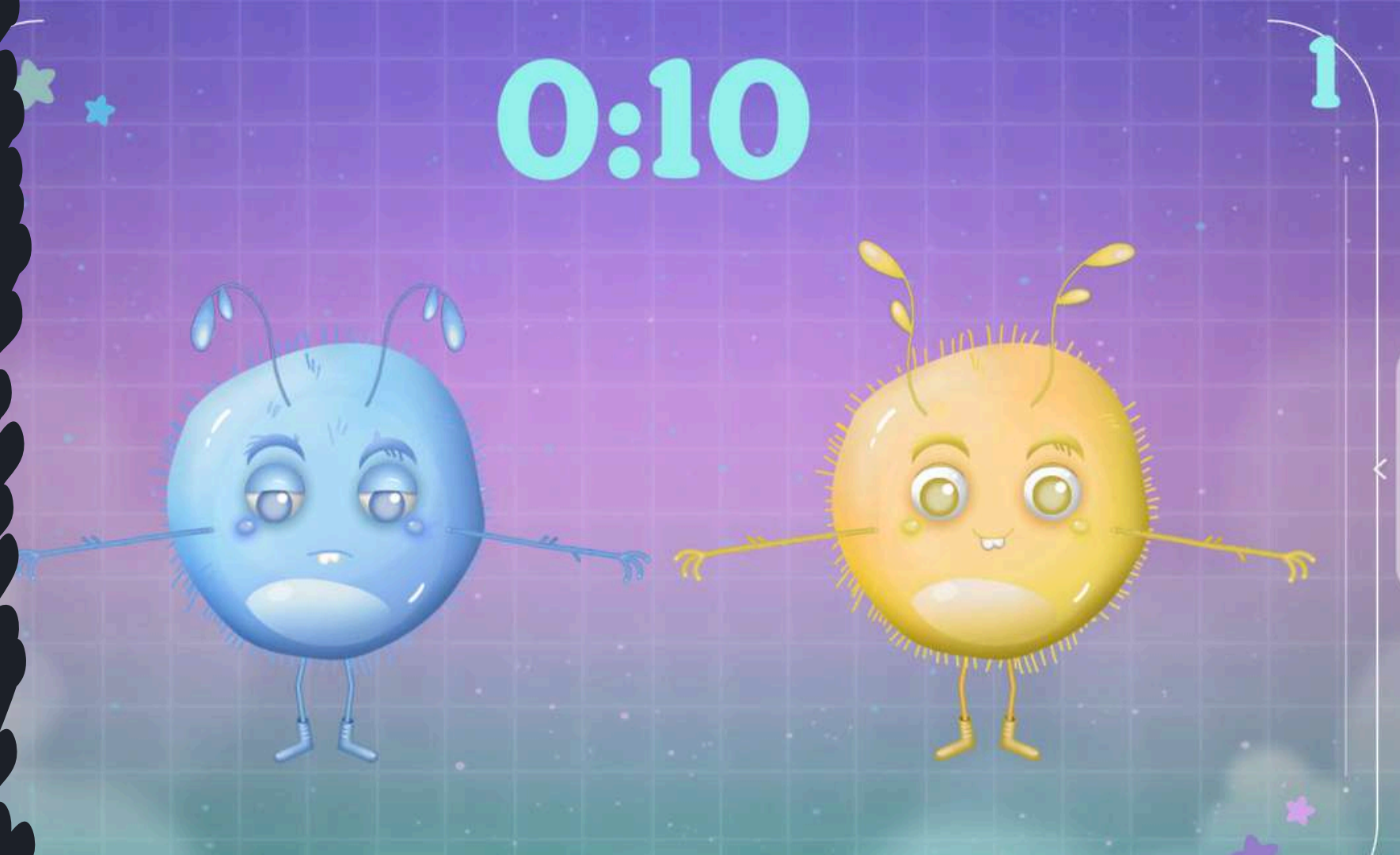
Mirror of emotions

Within the activity, there is a wheel with 10 emotions: anger, love, shame, joy, surprise, disgust, envy, jealousy, fear, and sadness. Each of them has three levels of intensity. It is enough to throw a ball or move a pen to a given field of emotions and intensity to make the arrow move to that square.



Emotions have relaxation

An Emot will appear on the screen in two characters, which will present some simple physical exercises, including yoga asanas. Included in the activity are eight exercises in three sets of fifteen seconds. The whole thing lasts 6 minutes. The activity ends when all sets of exercises have been played.



Where is the monster?

There are three activities to choose from with different levels of difficulty:

- The first one has no time limit.
- The second activity, the participant has 1:30 minutes to find monsters.
- The third lasts 45 seconds.

At the beginning, there will be a set of three creatures that the participant may know from other planets. They should be memorized, because these are the characters you need to find on the board. Then you have to click anywhere to make the board appear. After a while, the clock will also start. With a magnifying glass, guided by a pen, you can x-ray the houses and other elements on the board. When a student finds a creature, they should press on it with a pen to mark it. When all the characters are found, the activity ends successfully. The activity fails after choosing a creature that was not memorable or time runs out.

Activity designed to work with pens.



The planet in educational practice



The scenes build tension

Knowla's Activity: Mirror of emotions

Materials needed: prepared cut-out cards with sentences/questions and a container from which you can draw

Prepare a few sentences, questions or situational events that the participant may encounter in various situations. E.g.:

Why were you absent yesterday?

Give me that toy!

Thank you.

Excuse me, could you pass me that pen?

An old lady with a cane enters the bus and you sit on one of the seats

On vacation I went to the seaside.

The participant draws one of the cards and reads its content. Then he draws one of the emotions. Together with the whole group, he calls her.

The task of the participant is to react verbally or non-verbally to the drawn situation, bearing in mind that he must also use the drawn emotion in this answer.

The participant can develop a given situation according to their own imagination and use objects found in the classroom or invite another person to cooperate. The group can prompt the presenter. At the end of the speech, it is necessary to analyze together whether the emotion was reflected, what words are key, what non-verbal signals were used, what consequences the given behavior could have had, how differently you could have reacted using a given emotion, how differently you could have reacted with other emotions.

Before starting the game, it is necessary to define with the whole group the rules to be followed during the game, e.g. you must not destroy objects, you must not behave aggressively towards others, you must not laugh at the acting skills of others (unless it was their intention).

Books cry on cue

Knowla's Activity: Wheel of emotions, Feeling Thermometer- at your discretion, depending on whether it is work with one emotion or a mixture of them

Materials needed: selected text or reading, ideally it should contain some internal/emotional experiences of the character

Select a reading or other text to analyze. In the case of a longer text, students should already read it, in the case of a short one, you can do the task as you go. As part of the read text, you need to write a framework plan of the text's events in the table. Each row corresponds to one event. Each column corresponds to one of the heroes discussed. It is important at each stage to talk about what emotions accompanied a given character, in what intensity, and to mark them on the Feeling Thermometer or Wheel of emotions, and the students write them down in the table. At the same time, it is good to indicate in the text premises that may prove this. There may be different interpretations. This is natural and it should be emphasized that this is not a mistake and it is worth further analysis to understand a different point of view. Finally, one should take a holistic look at the emerging emotions.

Anger jumps on the benches

Knowla's Activity: Wheel of emotions, Avatar of Feelings

Materials needed: selected text or reading, ideally it should contain some internal/emotional experiences of the character

On the board, draw a table with two columns: positive emotions and negative emotions. Then, walking one by one around the circumference of the circle, together with the students, you can enter the emotions in the table on the appropriate side. Then direct the question well to the group: Which emotions are bad/unnecessary/...? The answer will probably be that those on the negative side. At this point, it should be communicated that all emotions are needed for something and inform about something, e.g.:

joy - shows that all needs are met,

surprise - shows that something unexpected has happened in the environment and you should be careful

anger - shows that something has gone wrong, forces you to act

love - shows that there is a certain state of closeness and security with another person,

- jealousy - shows that there is a need that is satisfied in someone else,
- fear - informs about a potential threat to life or health,
- disgust - information about the potential harmful effects of a certain thing
- sadness - shows that some need has not been met,
- shame - is the embodiment of certain fears or a manifestation of inner boundaries.
- There is nothing wrong with experiencing each of them.
- What can be done when feeling an emotion or after an emotional reaction?
- Think about what emotion is this?

Anger jumps on the benches

- Against what is it directed? (each emotion has its object to which it is directed: external or internal)
- What was the cause of the emotion?
- What does the brain want to tell you?
- How should you react to this situation?
- What are the consequences of the behavior? How can you return to neutral?
- If they are against the person, it is worth collecting the answers to all the above questions and formulating the whole statement with which you can go out to the person to talk about the problem and work out a solution to the situation.
- What strategy can be used to neutralize a given emotional state if it is large or prolonged?
- You can also ask these follow-up questions to the person you're talking to about your emotions or after an argument with them.

To test these questions in practice, you can launch the "Avatar of emotions" and then indicate the selected person to quickly dress it, also marking the facial expression. Then he tells a story (true/fictional, his own/someone else's). Together with her and the whole group, answer all the questions. You can repeat this with other people. It's good to have a few prepared stories.

Such a lesson can be useful when explaining a conflict between two people in the group.

It's smart to play.



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