五年级心理健康教育

换个想法心情好

宜兴市官林实验小学　吴佳慧

我们约定

1. 积极表达我想法
2. 认真倾听你发言

课前游戏 了解情绪

游戏规则：

当听到表示**好心情**的词语，就**拍两下手**；当听到表示**心情不好**的词语，就**拥抱两下自己**。

喜上眉梢

痛哭流涕

欢天喜地

暴跳如雷

心烦意乱

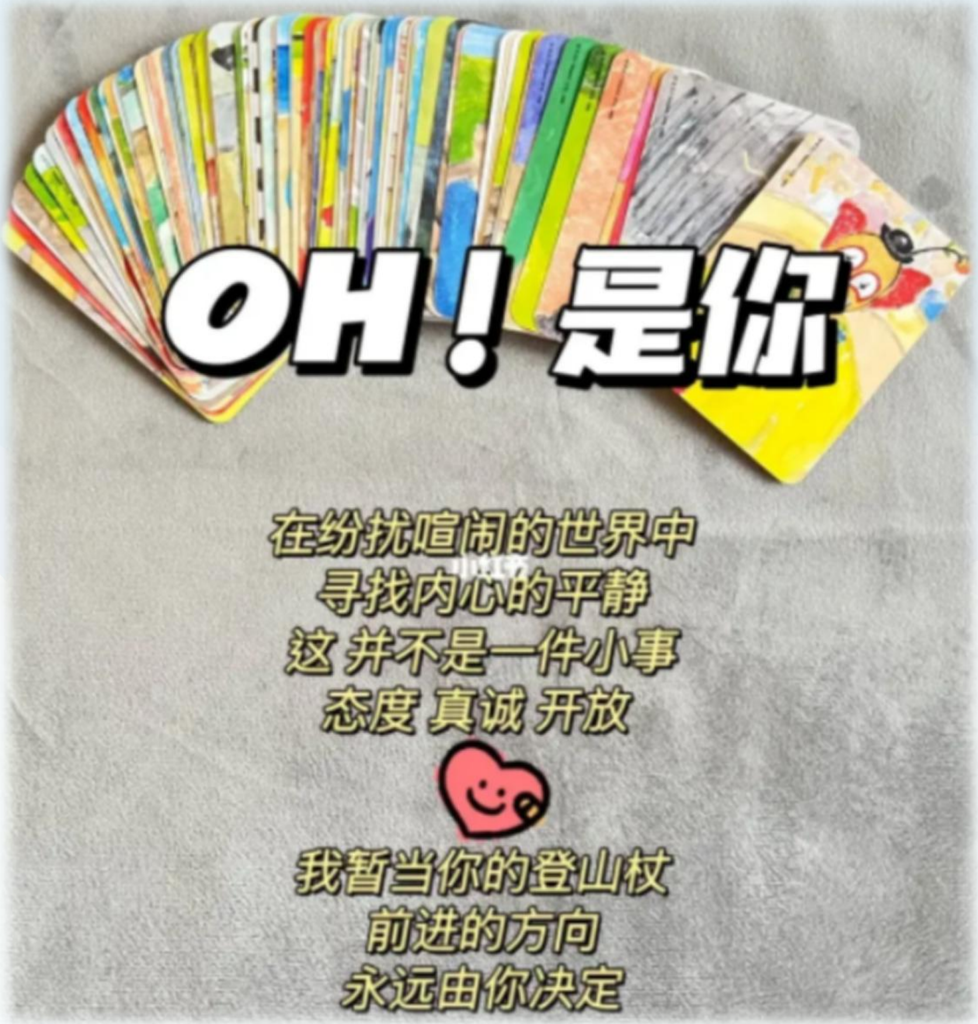
垂头丧气

眉飞色舞

提心吊胆

喜笑颜开

OH卡

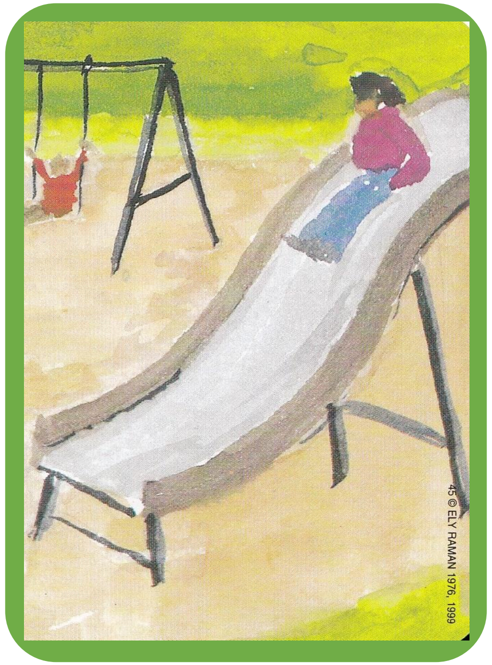


在纷扰喧闹的世界中
寻找内心的平静
这 并不是一件小事
态度 真诚 开放

我暂当你的登山杖
前进的方向
永远由你决定

翻开OH卡

感知情绪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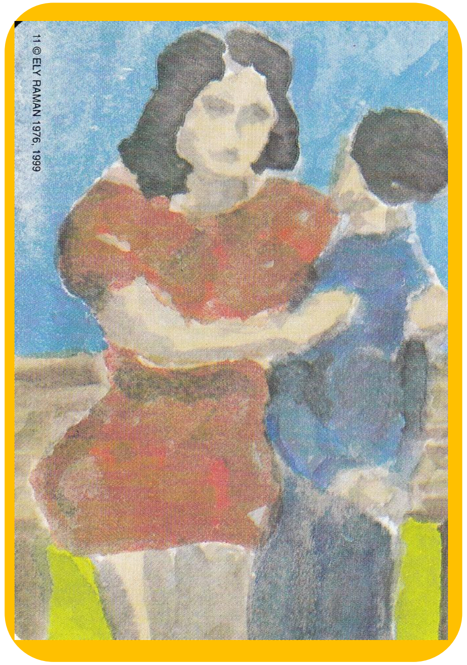
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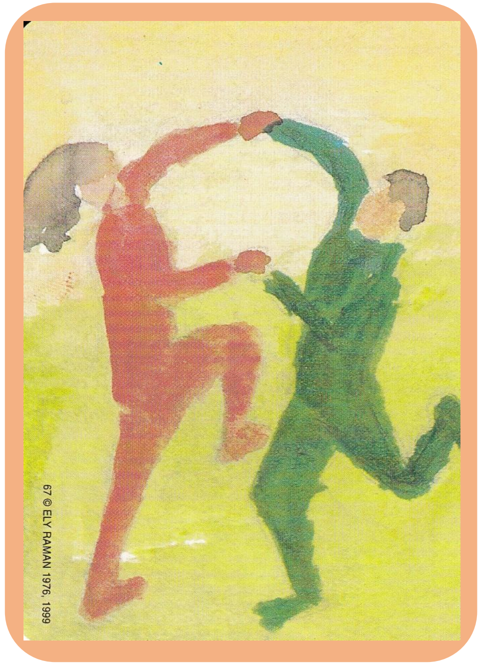
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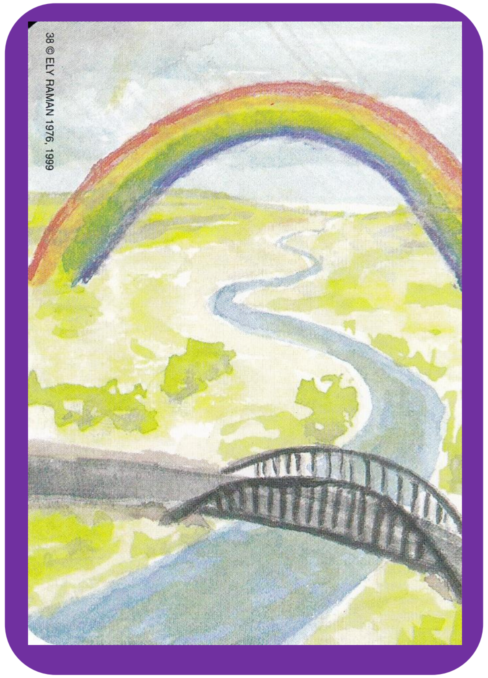
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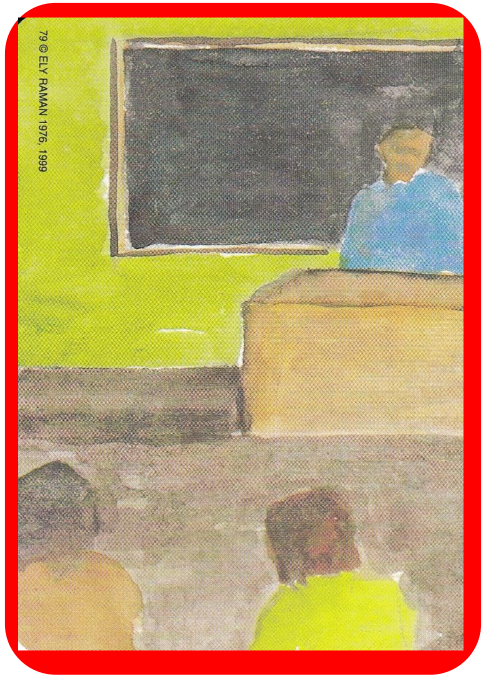
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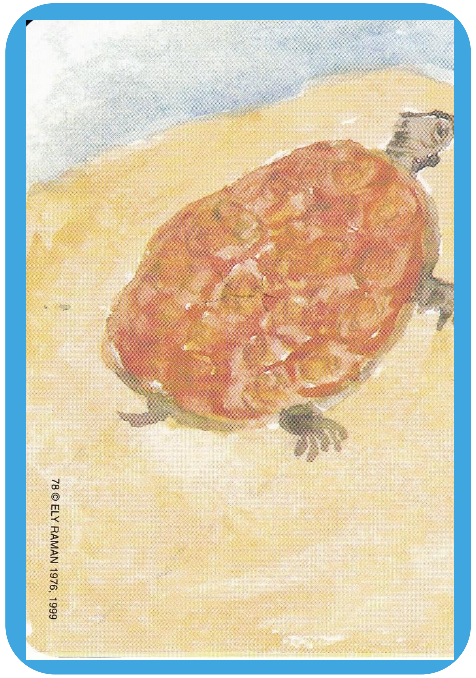
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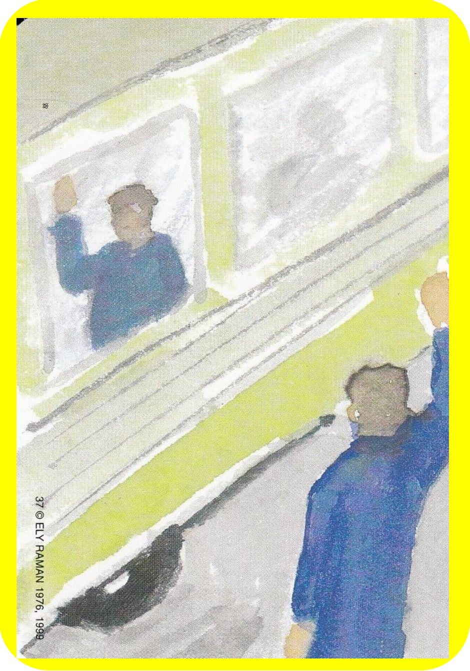
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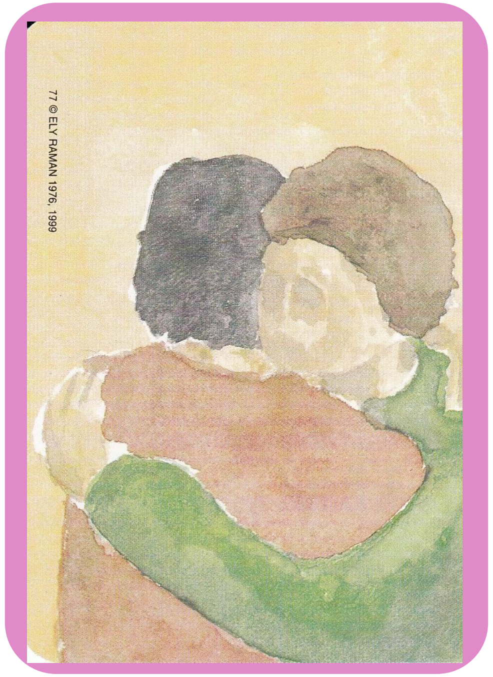
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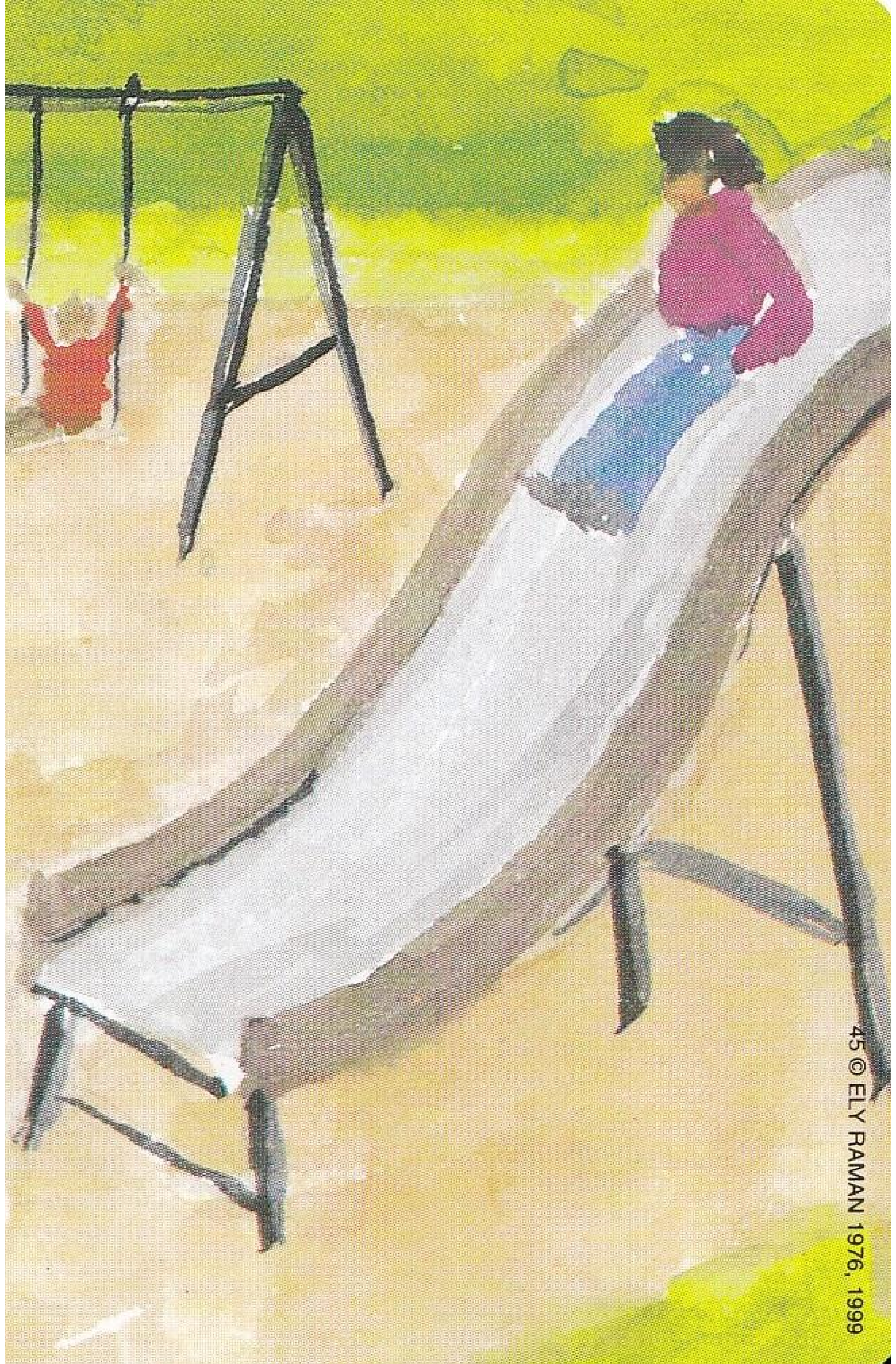

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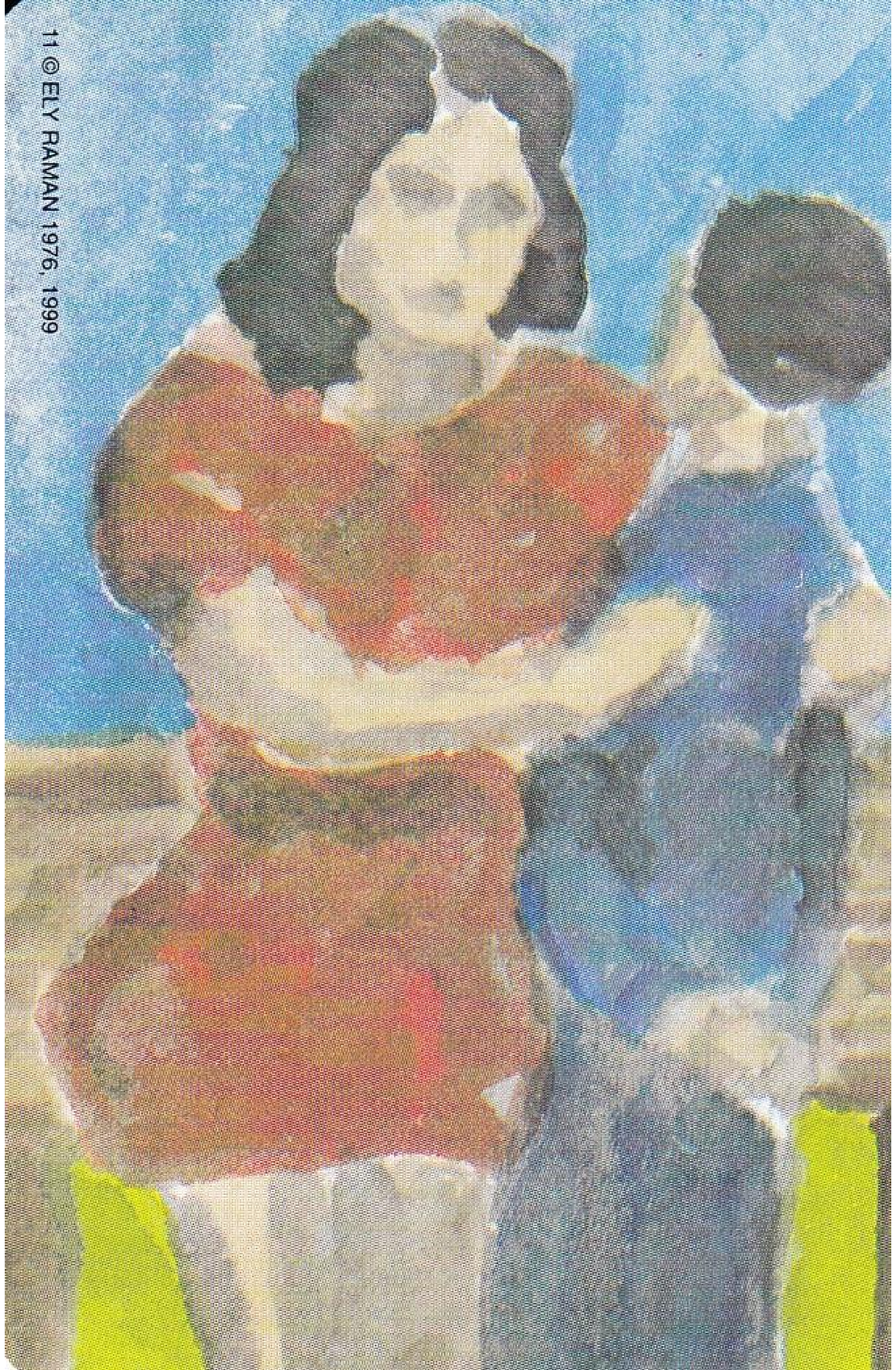
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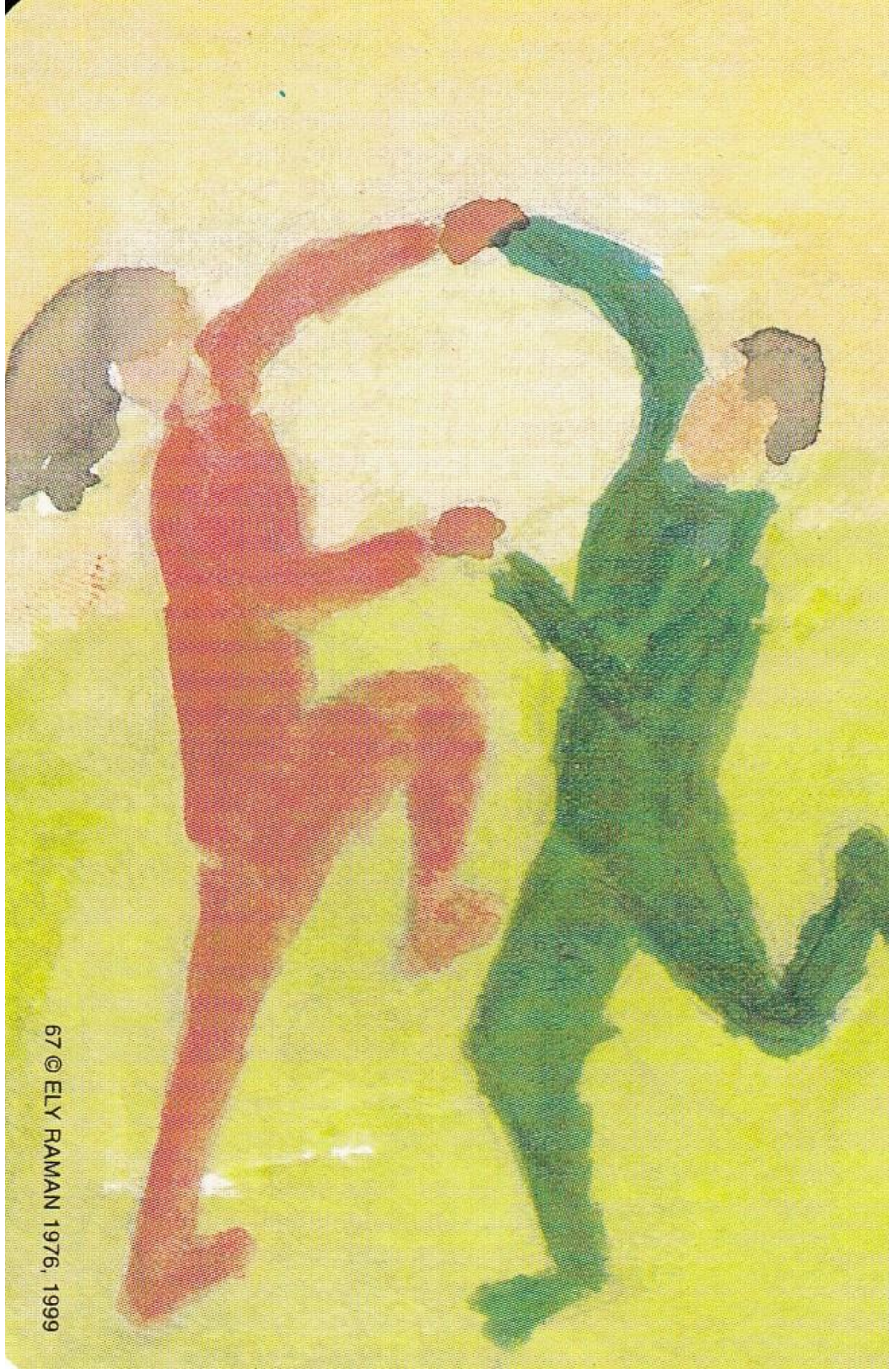
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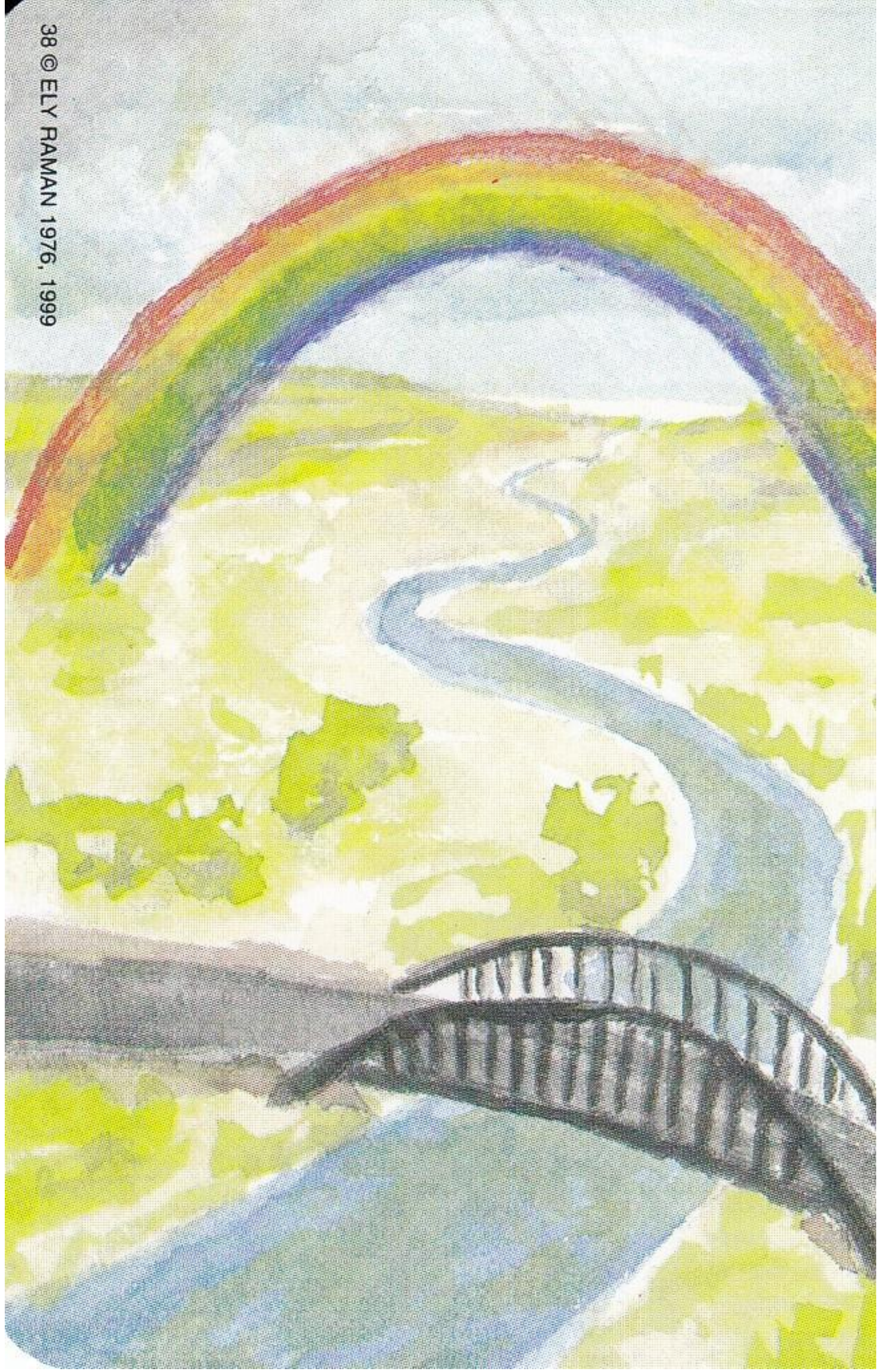
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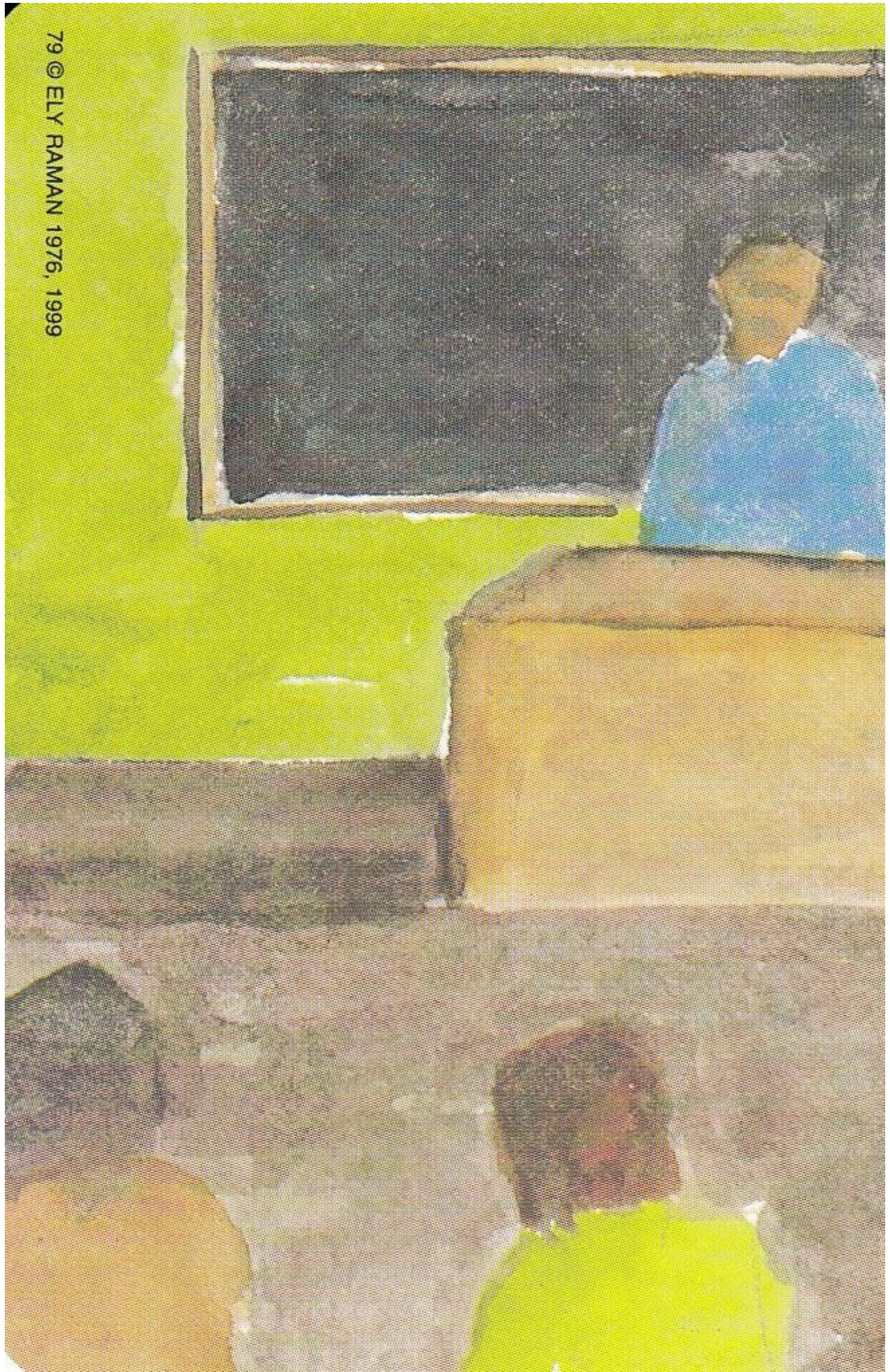
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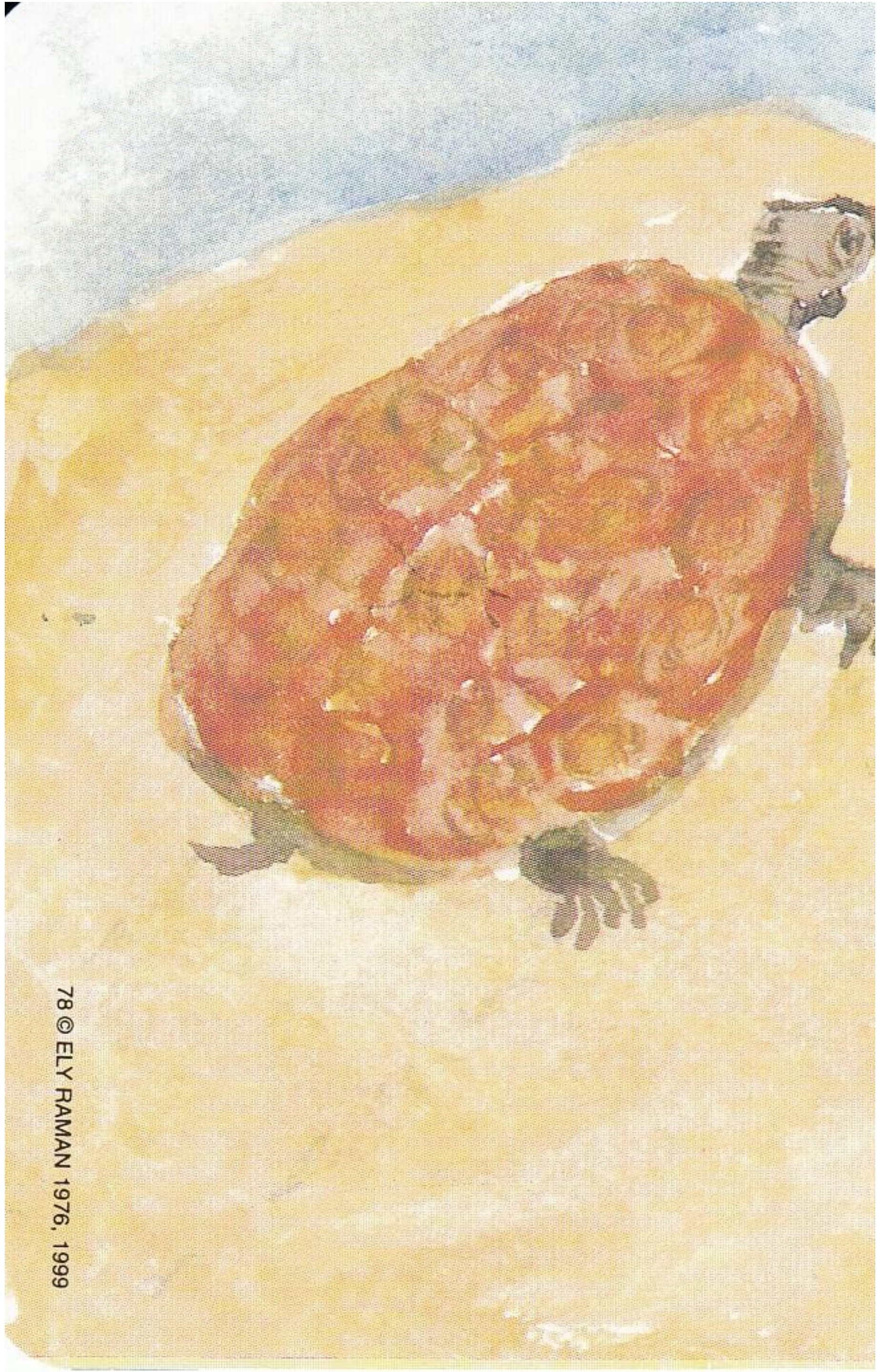

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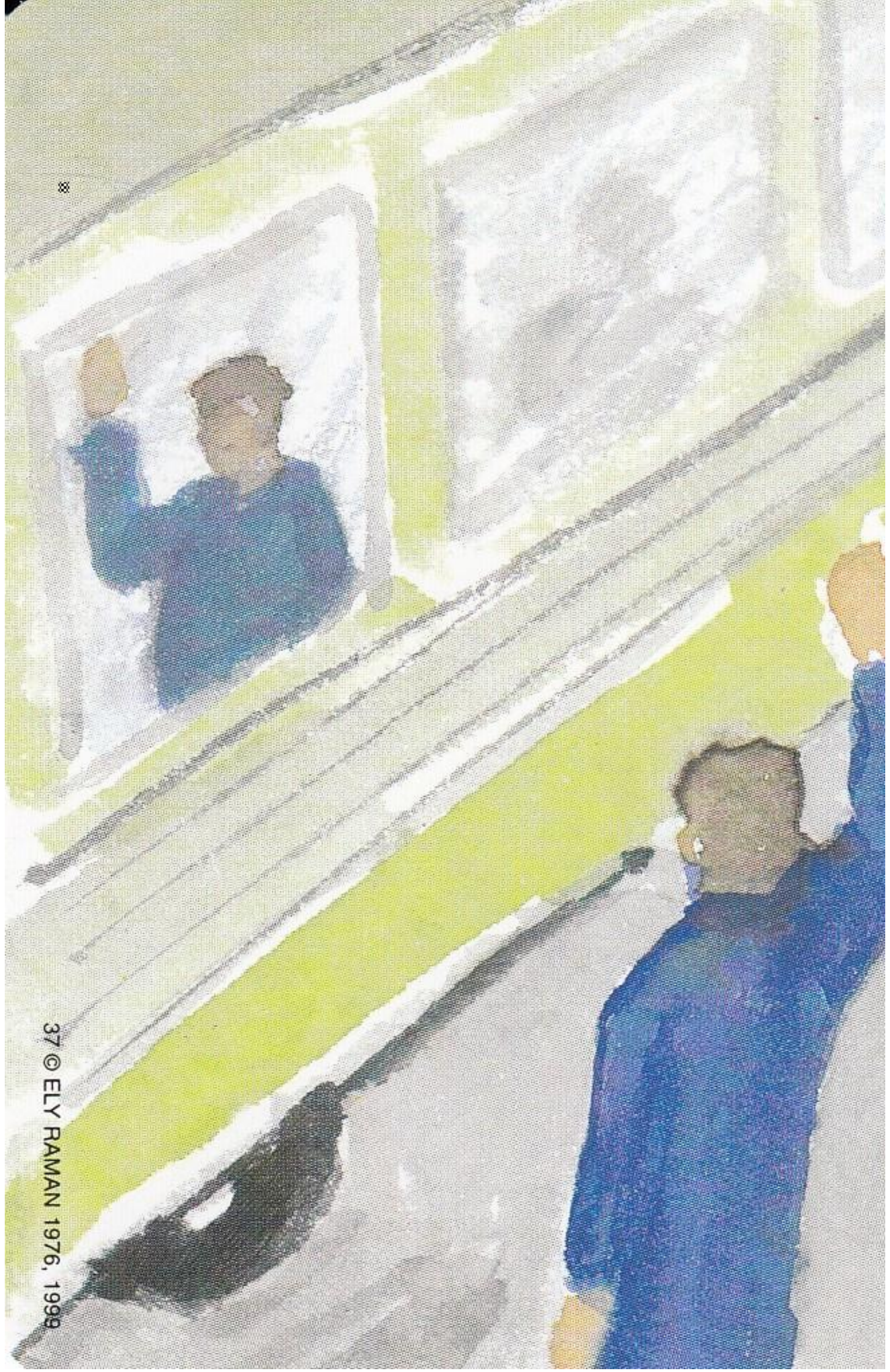
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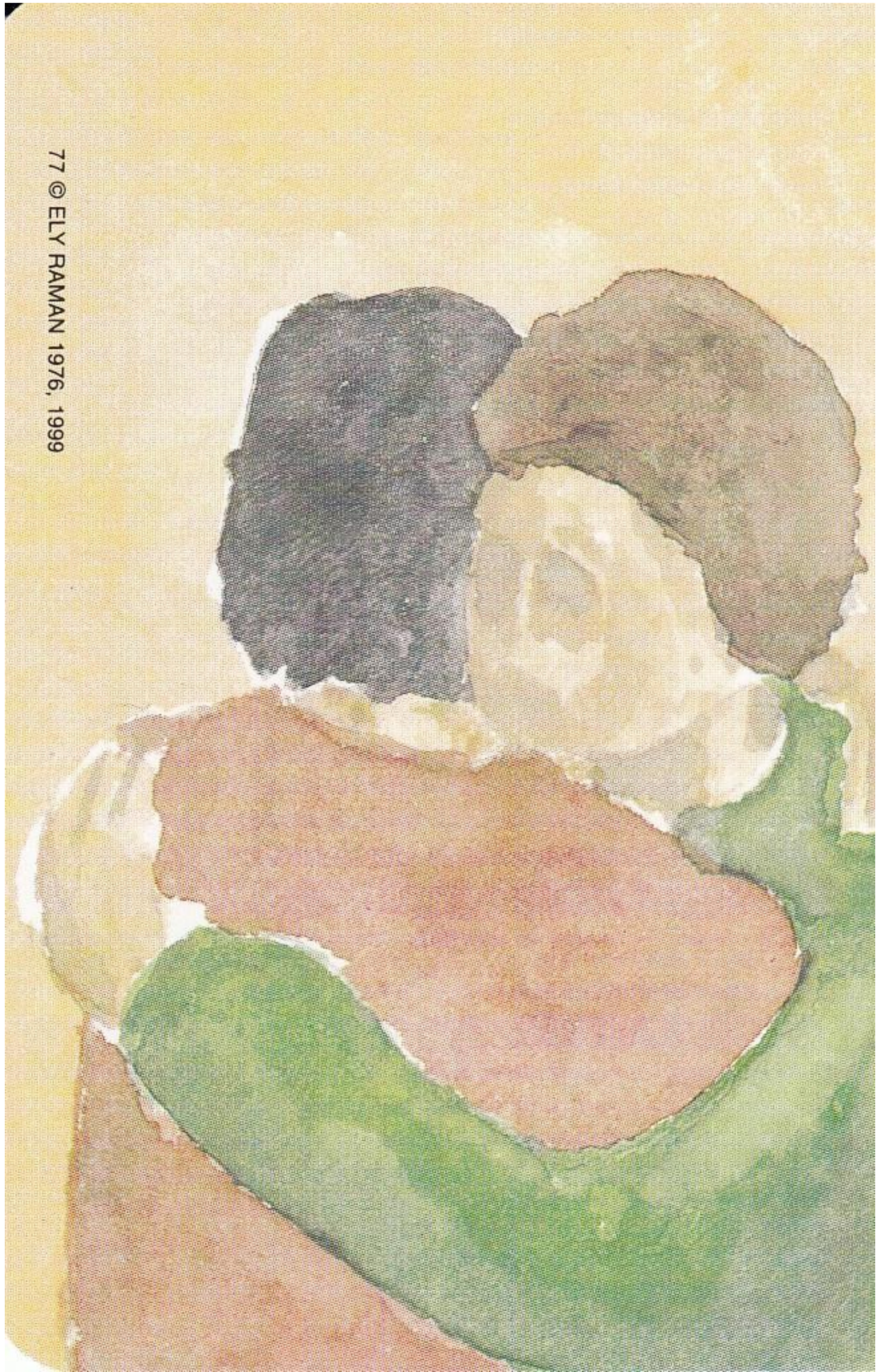

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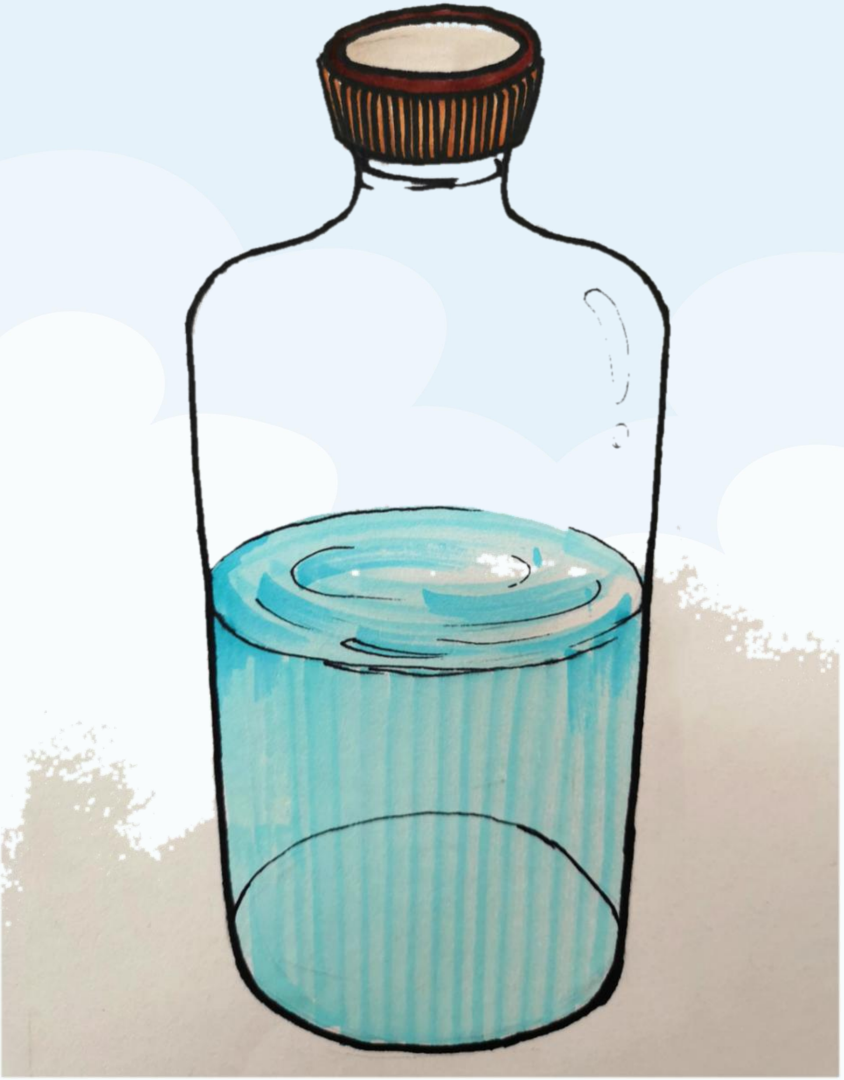
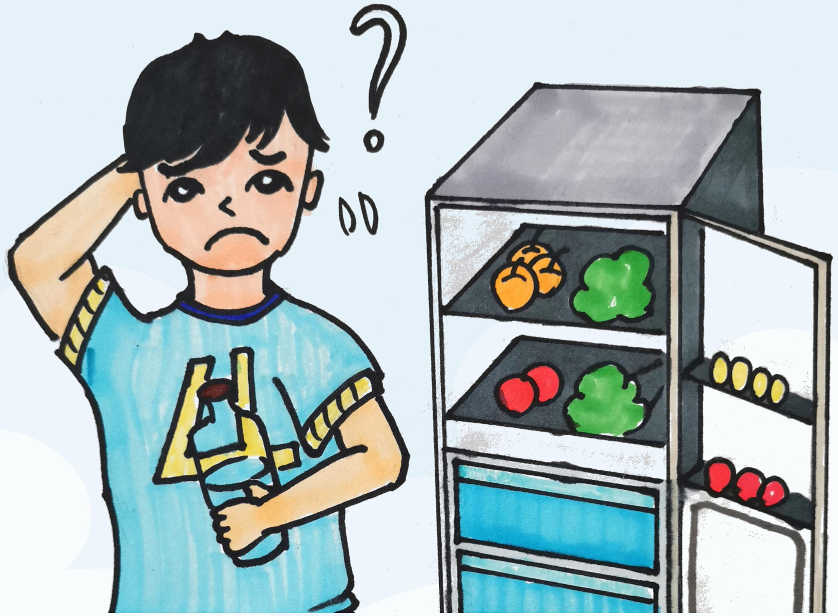
画出烦恼 诉说情绪

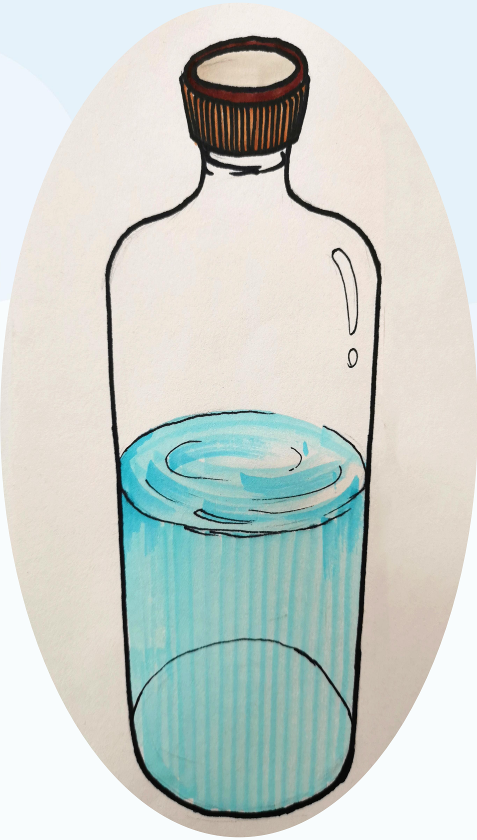
你本周内最深刻的情绪体验是什么？请你画出自己的情绪OH卡。你可以用拟人化的形象代表自己。

画好以后，请为你的情绪命名，简单写写你的想法。

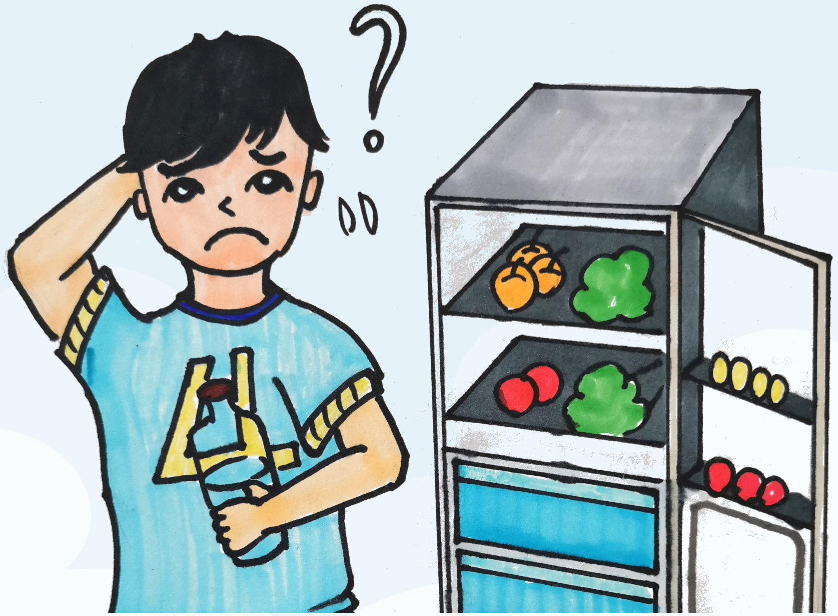
《半瓶水》







怎么只有半瓶水？真倒霉！



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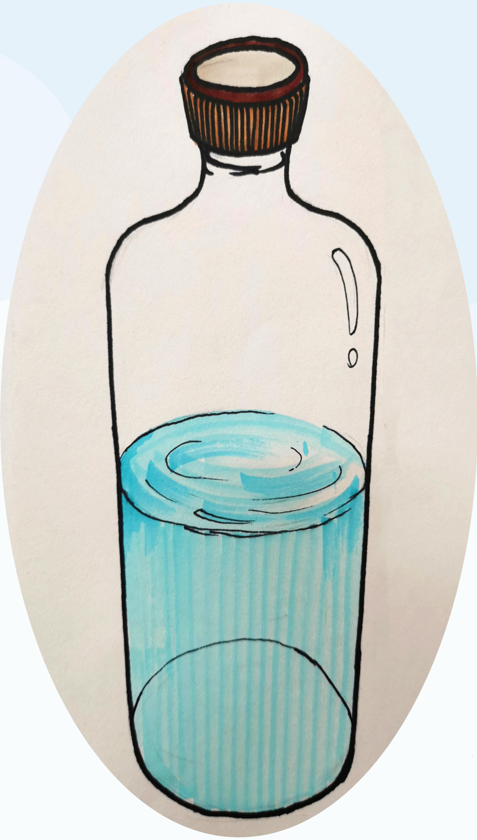
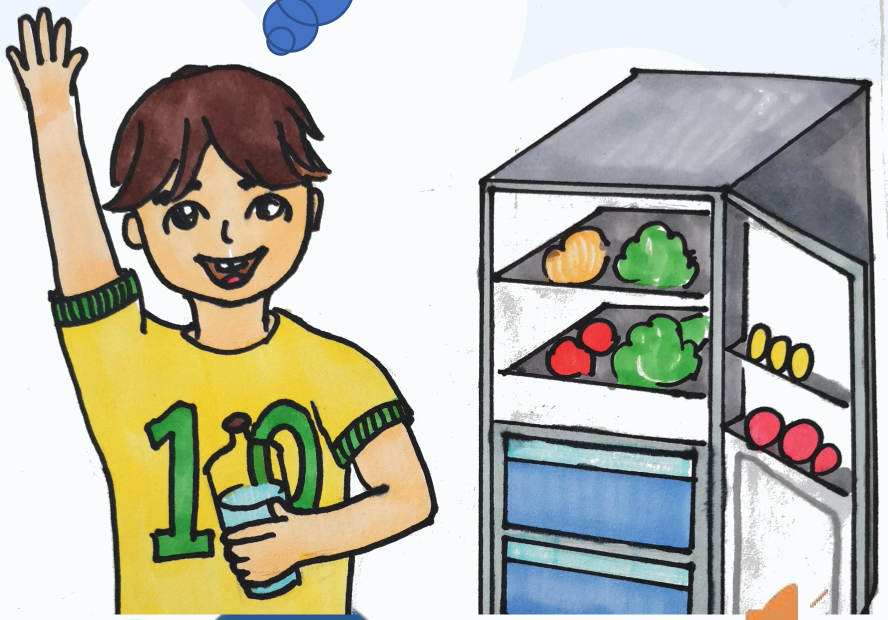
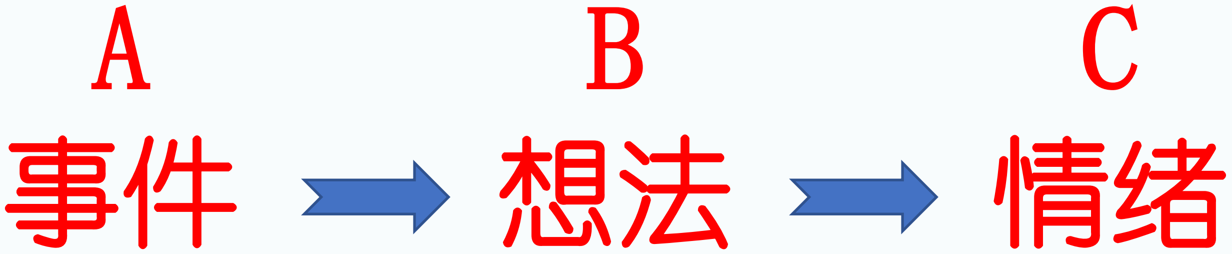


哈哈！还有半瓶水，太好了！



情绪ABC理论：

人的情绪不是由于某一事件引起的，而是由经历这个事件的人的想法引起的。



A
事件

B
想法

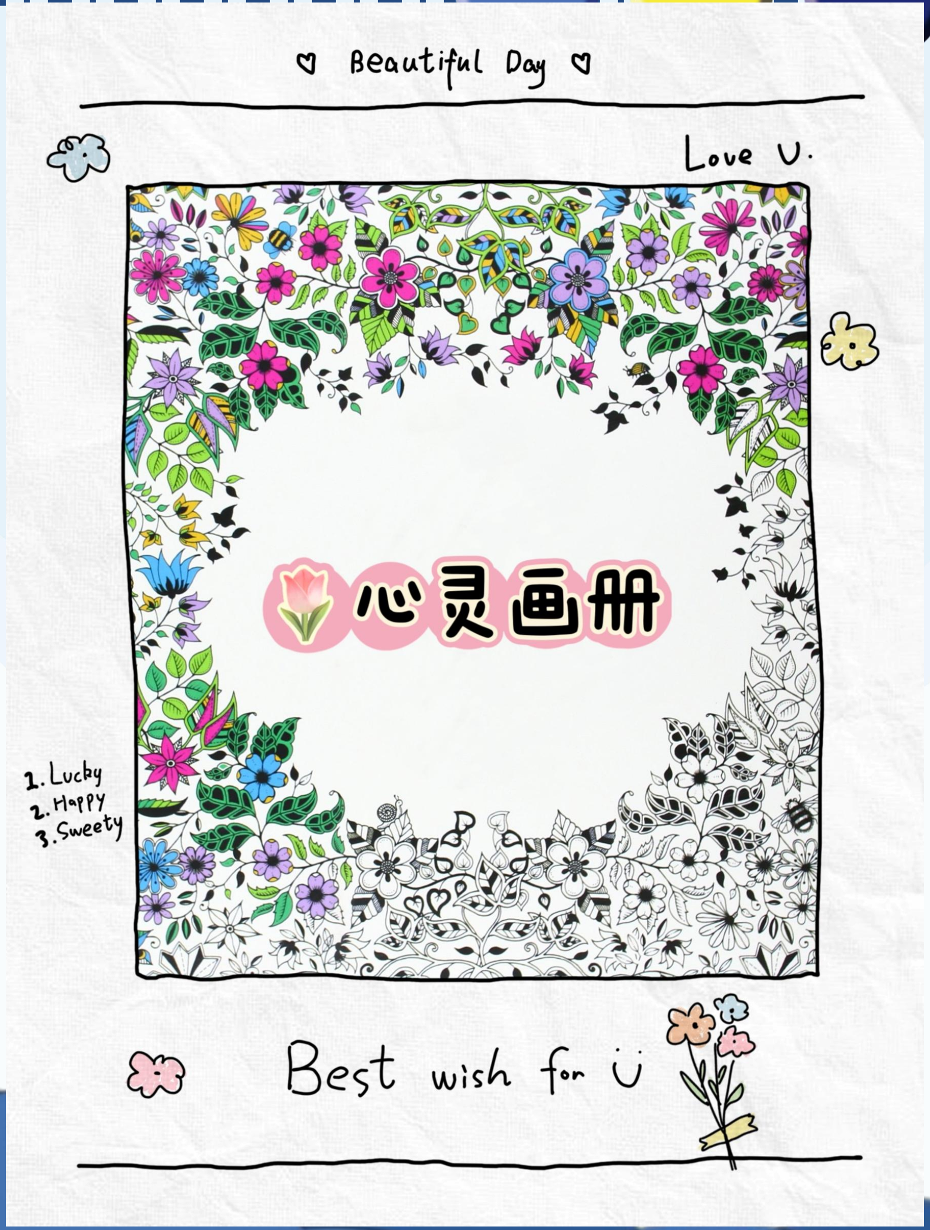
C
情绪

转念开关~

- 还好，________________________。

课后延伸 制作画册：

课后请画下这一刻的情绪图案，当以后困惑、迷茫的时候，记得翻开这本心灵画册，接纳各种情绪，找到那个属于你的“转念开关”，你会发现，身边的一切都在变得越来越美好。


Beautiful Day
Love U.
心灵画册
1. Lucky
2. Happy
3. Sweety
Best wish for Ü

交流分享

再见～