

What is emotional intelligence and why is it important?

Being emotionally intelligent means that you are able to understand and manage your own feelings, and be aware of those of the people around you. You will also be able to communicate your feelings clearly and understand how they can influence other people.

Why is it important to track your feelings daily?

Tracking your feelings is a positive psychology technique that creates a space for you to reflect on how you felt throughout the day. By doing so you can get insight into the patterns of feelings that influence you in your daily life. The Year in Pixels grid is a tool with which you can record and track your feelings over a period of time. In this way you can recognise when you might need support.

Need help?
Here are some resources.

PSCD teachers:
s.grech@stjosephsliema.edu.mt
n.camilleri@stjosephsliema.edu.mt

Support line: 179
Chat: kellimni.com
App: Kellimni
Web: richmond.org.mt

Katrina Keira · Chetani Amy Cassar

Based on the original idea of the "Year in Pixels" by Camille, @passioncarnets on Instagram.



Year IN PIXELS

Name: _____
Class: _____

A decorative graphic featuring hanging ornaments and a stylized leaf graphic.

Year In Pixels

Presentation by: Emma Manicaro

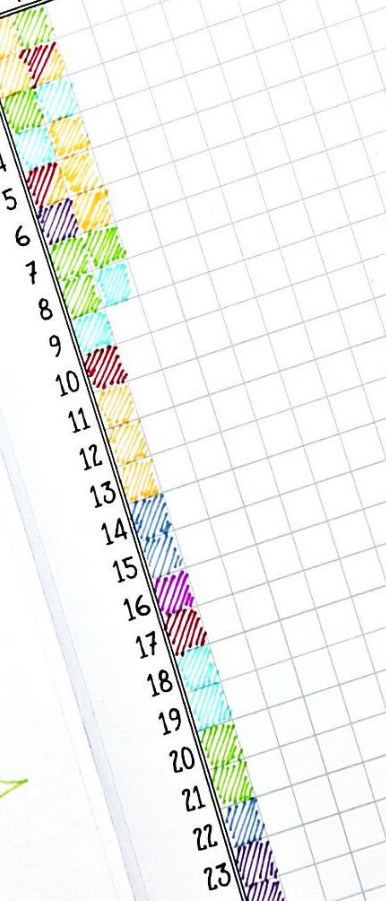
Covid-19 Pandemic & Our Well-Being

- Due to the postponement of the transnational meetings in Malta and Italy as a result of the **Covid-19 pandemic**, we had time on our hands and we felt an **urgent need to take care of our well-being**.
- Malta experienced a partial lockdown and schools were closed in March 2020 and only re-opened in October 2020.



Year in Pixels

F M A M J J A S O N D



Key

	happy
	sad
	anxious
	angry
	excited
	productive
	st

Introduction

- Research shows that **the pandemic situation has impacted mental health, especially that of young people.**
- The **idea** for the Year in Pixels tool came as a result of a **presentation by one of our youth members, Katrina Buhagiar during one of our youth meetings.**
- After Katrina's presentation of her hobby, Bullet Journaling, we immediately saw the **potential** of this tool and we developed it further.
- The YIP was created **based on the idea of Camille @passionatecarnates** on Instagram.

Year In Pixels

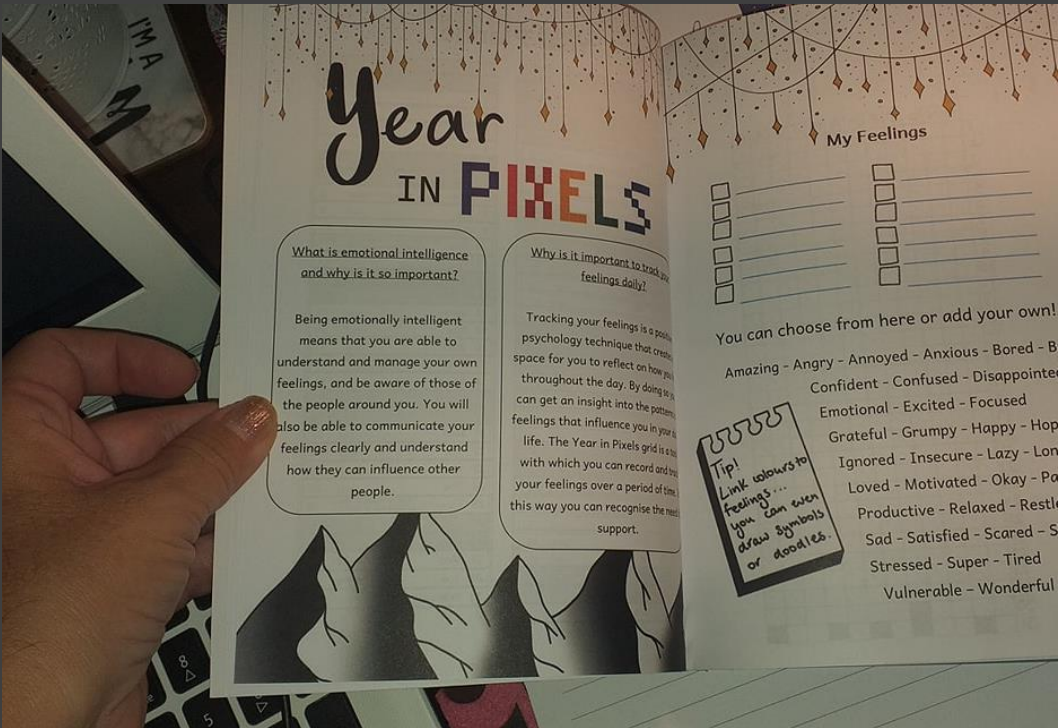
- We approached **St. Joseph Senior School, Sliema** who **agreed to collaborate with us** on this mini project and to **include our work in the school diary**.
- Our message through this YIP tool is that reaching out for help and support when feeling overwhelmed is a sign of strength.
- It is a good practice we are **exchanging with our Italian peers** at Dis...correre.



The Team

- **Small teams are created for every mini-project from volunteers from the main Erasmus group.**
- **The team was made up of Katrina Buhagiar, Keira Chetcuti and Maegan Friggieri from the Erasmus project and Amy Cassar joined in to represent St. Joseph Senior School, Sliema.**





How does the grid work?

- Each box in the “Year in Pixels” grid represents a day.
- The boxes are there for you to fill in with colours or doodles that you have attributed to each feeling.
- The colours chosen or the doodles drawn can also be symbolic to you so that you can communicate more clearly.
- On the left you can create a key for the grid by choosing feelings from the word bank on the right.



Angry

Happy

Sad

Ignored

Disappointed

Amazing

Okay

GRATEFUL

Annoyed

Scared

Loved

Boxes

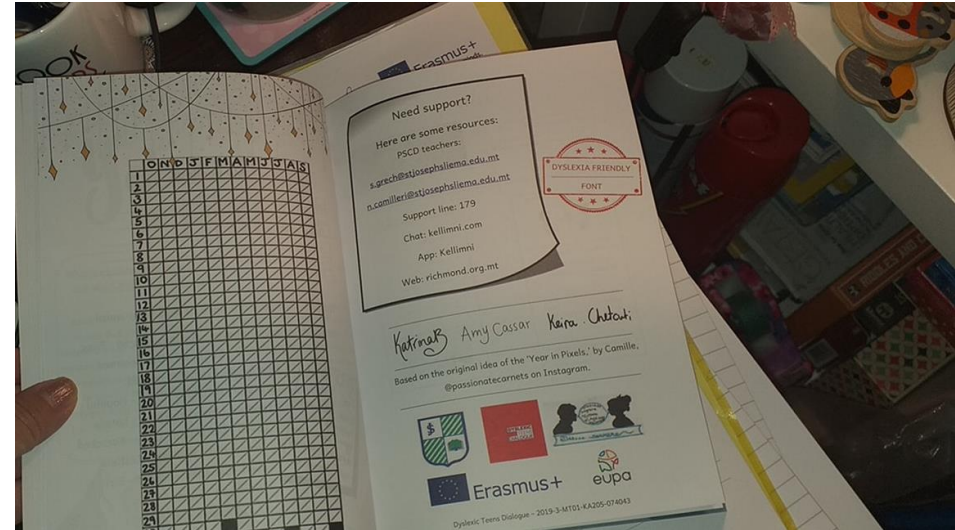
Anxious

Confident

Excited

Bored

- The **boxes** in the grid are also **split in two** as we **might experience more than one feeling** during the day.
- We can record two of them in one box of the grid.
- Day by day and **through the patterns of colours or doodles on the grid**, you can see how you are feeling over a long time.



Confused

Restless

Lazy

Productive

Relaxed

Determined

Focused

Emotional

Motivated



The Video

- The video was **filmed at Villa Frere** in Pieta, which is located in the South of Malta, at a time **when mitigation measures were relaxed** and made it possible for us to meet in person to film the video.
- The most important thing was that **everyone participated in this project**.
- This tool has been created by us: **by young people for young people**.
- The video **shows our outreach to our peers** using our own words to describe the tool, how to use it.



Participations

In September, we also participated in a conference to present this wonderful tool. In October we also took part in Erasmus Days.



SALTO Platform



A **great achievement** is that we are now on the **SALTO platform**.



This is the **link** to it:
<https://digitalinclusion.Salto-youth.Net/good-practices/>

The SALTO logo features the word "SALTO" in a bold, white, sans-serif font against a solid blue background. The letter 'I' is stylized as a person with arms raised, with a small yellow circle above its head.

Leaflet

- The Year in Pixels leaflet is **available in Maltese, English, Italian, Molfettese** (the local dialect of our project partner and in **French**).
- You may wish to **download it** from our website **using the following link:** <https://mylearningtolearn.com/year-in-pixels/>

X'inhi l-intelliġenza emozzjonali u ghalix hi importanti?

Li tkun emozzjonalment intelliġenti jfisser li tkun kapaċi tifhem u timmaniġġja s-sentimenti tieghek stess, u tkun konxju tas-sentimenti tan-nies ta' madwarek. Int tkun tista' wkoll twassal is-sentimenti tieghek b'mod ċar u tifhem kif jistgħu jinfluwenzaw nies oħra.

Ghalix hu importanti li żżomm nota tal-emozzjonijiet tieghek kuljum?

Li żżomm nota tal-emozzjonijiet tieghek hi teknika psikoloġika pożittiva li tohloq spazju u hin għalik biex tirrifletti dwar kif hassejtek matul il-ġurnata. Meta taghmel hekk ikollok is-setgħa li tara xi forma ta' drawwa jew xi emozzjoni iktar preżenti minn oħra. It-tabella tal-'Year in Pixels' hi għodda li biha tista' żżomm nota tal-emozzjonijiet fuq

Għandek bżonn l-ghajnuna?
Dawn huma xi riżorsi:

Linja tas-support: 179
 Messaġġ: kellimni.com
 App: Kellimni
 Sit: richmond.org.mt

Kellimni Kara, Chetani, Amy Cassar

Maqsub għall-Malti minn:
 Roberto Amgo, Micolub, Delfina
 Emma Muscat

Ibbażata fuq l-idea oriġinali ta' 'Year In Pixels' ta' Camille @passioncarnets fuq Instagram.

Nom: _____

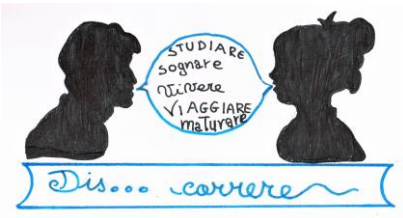
I MIEI EMOZIONI

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EMOZIONI

Agitato	Ignorato	Soddisfatto
Amato	Imbarazzato	Solo
Annoiato	Impanicato	Sorpreso
Ansioso	Impaurito	Speranzoso
Arrabbiato	Innamorato	Stanco
Concentrato	Insicuro	Stressato
Confuso	Irascibile	Triste
Debole	Invidioso	Turbato
Deluso	Malinconico	Vulnerabile
Dubbioso	Meravigliato	
Emozionato	Motivato	
Felice	Occupato	
Forte	Okay	
Frustrato	Productive	
Geloso	Pigro	
Gioloso	Rilassato	
Grato	Sicuro	

Consiglio: seleziona 3 emozioni di settimana dopo, puoi disegnare simboli



St Joseph School Sliema
Senior School

