



Οι ωφελούμενοι έδειξαν μεγάλο ενδιαφέρον για τη δράση αυτή και μπόρεσαν να έρθουν πιο κοντά τόσο μεταξύ τους όσο και με μέλη του προσωπικού από διάφορες υπηρεσίες που έλαβαν μέρος, δηλαδή με τους δυο ψυχολόγους, δυο κοινωνικές φροντίστριες, τον εκπαιδευτικό και το διερμηνέα του Κέντρου.



Psycho-educational activity "Thermometer of Emotions"

During a period of many changes and great cultural and ethnic diversity, it was observed from the Psychologists of the Center, the need for educating our beneficiaries in the recognition, expression and management of their own emotions.

A great number of our children, due to their previous living experience, are often found to have difficulty in recognizing and expressing the emotions they experience and even often they don't know what the meaning of the word "emotion" is.

Through that activity, each child was able to share a personal experience and the feeling they experienced through it, as well as the feeling they experienced during this task. With the help of the thermometer, the concept of the intensity of emotions was defined and the participants realised that it can vary for each emotional reaction.



Our children showed great interest for this project and were able to get closer to each other but also to staff members from different services that took part. More specifically the psychologists, two caregivers, the teacher and the translator were present and did this activity with the residents of the Center.