

LTTA Martinique, France

27 May-4 June 2022, Saint Esprit

Between 27 May-4 June, **Ecole Primaire Publique Morne Lavaleur** was the host for the second session of learning/teaching and training activities of the Erasmus project, **SOCIO-EMOTIONAL LITERACY**.

Students and teachers from our partner countries: France, Italy, Turkey, Portugal and Romania, met in Saint Esprit. The theme of the activities was "Emotional intelligence training through the RULER model" (Recognizing, Understanding, Labeling, Expressing, Regulating Emotions).



Exercises for changing our
"hot feeling" into "cold
feelings".



*meditation time
on the water*



"Get to know" you games

Non-formal activities for
self-confidence





Games for communication
and self-awareness
development

Exercises for
communication in English
and self-introduction



Exercises to identify
thinking errors and the
emotions caused by them



Intercultural experience



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