

CAMBRIDGE

emotio**n**ary

Say what you feel

Illustration:

- Adriana Keselman
- Alejandra Karageorgiu
- Anita Morra
- Bela Oviedo
- Cynthia Orensztajn
- Elissambura
- Federico Combi
- Gabriela Thiery
- Javier González Burgos
- Jazmín Varela
- Josefina Wolf
- Keki un puntito
- Luciana Feito
- María Lavezzi
- Maricel Rodríguez Clark
- Nancy Brajer
- Nella Gatica
- Paola De Gaudio
- Patricia Fitti
- Romina Biassoni
- Tofi
- Virginia Piñón

emotio**n**ary Saywhatyoufeel

Where could you go in a wingbeat?

Birds' wings have feathers. People's 'feathers' are words. But not every word helps you to soar – only words that clearly express how you feel increase your chance of flying.

This dictionary of emotions – this EMOTIONARY – will inspire you to a very special wingbeat. And you will never want to stop moving your wings!

 CAMBRIDGE
UNIVERSITY PRESS

www.cambridge.es/clj

PALABRAS
ALADAS

www.palabrasaladas.com

NOT FOR SALE

 CAMBRIDGE
UNIVERSITY PRESS

PALABRAS
ALADAS

emotiOnary

Say what you feel

Cambridge University Press and Palabras Aladas
have come together to bring you this wonderful gift.





PROLOGUE

Rosa Collado Carrascosa

An EMOTIONARY. What a fantastic idea to help a person get to know themselves.

This EMOTIONARY will help even the youngest reader to recognise their emotions and discuss their feelings. This makes it possible to channel those emotions properly, in turn allowing us to reach our full potential, without compromising our abilities.

The EMOTIONARY can be seen as a fundamental pedagogical support. It allows the development of a child's emotional intelligence, which is key to his or her self-acceptance and to healthy psycho-evaluative development. For us to be happy, we must learn to integrate an understanding of our emotions into our psychological development.

The discovery, identification and differentiation of our emotions through this EMOTIONARY provides young readers with a safe educational context in which to discover themselves and to grow into emotionally self-aware adults with the sensitivity required to meet life's challenges.

Experiencing emotion is a human privilege, and learning to express our emotions will help us get closer to those we love.

Emotions are instinctive or intuitive states that affect our bodies, minds and how we behave. The purpose of emotions is to help us to deal with what is happening around us.

Feelings provide you with information about yourself and how you are reacting to a particular emotional state. Feelings serve as a way of expressing/communicating our emotions – to ourselves and also to others.

Rosa Collado Carrascosa is an experienced psychologist and psychotherapist.



TABLE OF CONTENTS

emotionalary

Text: Cristina Núñez Pereira and Rafael R. Valcárcel

10
TENDERNESS
Nancy Brajer



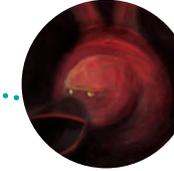
12
LOVE
Maricel Rodríguez Clark



14
HATE
Nella Gatica



16
ANGER
Romina Biassoni



18
IRRITATION
Cynthia Orensztajn



20
STRESS
Keki un puntito



22
RELIEF
Nella Gatica



24
SERENITY
Gabriela Thiery



26
HAPPINESS
Tofi



28
DELIGHT
Bela Oviedo



30
SADNESS
Javier González Burgos



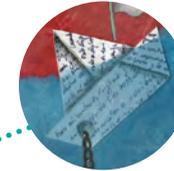
32
COMPASSION
Nancy Brajer



34
REMORSE
Federico Combi



36
GUILT
Virginia Piñón



38
EMBARRASSMENT
Nella Gatica



40
INSECURITY
Virginia Piñón



42
SHYNESS
Alejandra Karageorgiu



44
CONFUSION
Adriana Keselman



46
FEAR
Patricia Fitti



48
ASTONISHMENT
Alejandra Karageorgiu



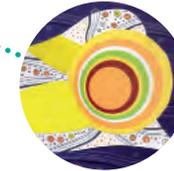
50
DISGUST
Javier González Burgos



52
HOSTILITY
Luciana Feito



54
ACCEPTANCE
Josefina Wolf



56
BEING MISUNDERSTOOD
Federico Combi



58
HELPLESSNESS
Javier González Burgos



60
SOLITUDE
Jazmín Varela



64
MELANCHOLY
Federico Combi



62
NOSTALGIA
Elissambura



68
EXCITEMENT
Bela Oviedo



66
BOREDOM
Nella Gatica



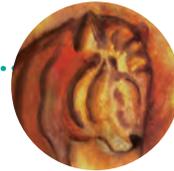
70
ENTHUSIASM
Paola De Gaudio



76
DISAPPOINTMENT
Javier González Burgos



74
DISCOURAGEMENT
Gabriela Thiery



72
EUPHORIA
Anita Morra



78
FRUSTRATION
Federico Combi



80
ADMIRATION
María Lavezzi



82
ENVY
Cynthia Orensztajn



84
DESIRE
Luciana Feito



86
SATISFACTION
Tofi



88
PRIDE
Keki un puntito



90
PLEASURE
Luciana Feito



92
GRATEFULNESS
Nancy Brajer



Tenderness

Some living things stir our tenderness: a puppy, a sprouting tree, a new-born baby... Tenderness is closeness, affection and compassion.

We feel tender towards people, creatures and things that are defenceless or non-threatening.

Where is tenderness?

Tenderness is inside all of us. But it takes others to open the door to our tenderness. Their fragility awakens our desire to be kind, attentive and understanding.

Tenderness is an invitation to **love**.



Shyness

Shyness stops us from behaving naturally. It tends to get the better of us around strangers or people who seem untrustworthy or threatening.

How does a shy person feel?

A shy person feels uncomfortable and clumsy. They fear saying or doing something wrong, so they stay still and quiet in order not to be noticed.

Imagine that you have to spend the night with some elderly neighbours. Even though they are kind to you, you stay silent at one end of the sofa. You don't feel at ease. You might even begin to feel **confused**.



Gratefulness

Gratefulness, or gratitude, is the soul of the phrase “thank you”. It is multiplied every time you see a gift in the ordinary and everyday: in the smile of a friend, in a song.

Gratefulness teaches you to appreciate life more. It paves the way to happiness.

When I was ten years old, my grandma gave me a Diary of Thanks. She said to me:

“I have one the same. Every night, I write in it all the things that have made me grateful that day. Then, when I sleep, the contents and characters of my diary find their way into my dreams and fill the rooms of my Happy Palace... and the happiness they bring stays with me all the next day.”

What have we written today?

- Thanks to all those who have filled the pages of this book with their magic.
- Thanks to the person who bought it for you.
- Most of all, thanks to you for sharing in our **emotiOnary**.

