

Navigating the Emotional Compass with Nova and Leo

Chart Your Course: Every Feeling is a Valid Destination!

- Feelings are like passing weather; they are temporary states of mind that provide us with important information about our needs.
- Emotional regulation is the skill of recognising a strong feeling and choosing a calm, constructive way to respond rather than just reacting.
- Empathy is the ability to understand and share the feelings of another, which helps build strong, supportive friendships.
- It is perfectly healthy to experience a wide spectrum of emotions, including frustration or sadness; these are signals that we care deeply about something.
- Using 'I' statements, such as 'I feel disappointed when...', allows us to communicate our needs clearly and respectfully to others.

Did you know? Did you know? Even the bravest lions like Leo experience moments of doubt! Emotions are essentially chemical signals in our brain, helping us react to the world around us. Just like the stars Nova studies, our feelings shift and change; they are not permanent, and they don't define who we are.

Key vocabulary: emotional regulation · empathy · resilience · mindfulness · perspective · well-being · vulnerability · self-awareness