MODULE 1. PERSONAL WELLBEING – SOCIAL SKILLS

## SAMPLE ACTIVITY 1.2 – B

### Name of the student:

Instructions: For this activity, you will have to recall a recent moment in your life when you have felt a strong emotion (positive or negative). You must describe the following: What was the situation (location, other people involved, event that occurred, etc.)? How did it make you feel? Why did it make you feel like that? How did you react? Did you learn something valuable from this situation?

Write a short essay about the lived experience and felt emotions (about 200 words)

Paste your essay in the box below and upload the document to the platform.