

LEO THE BALANCER



Balancing Emotions: An "Inside-Out" journey through Math and Steam



In a bright, colorful world where emotions danced like the colors of the rainbow, there lived a wise and kind-hearted lion named Leo. Leo wasn't just any lion—he had a special ability to understand and balance emotions, as well as solve mathematical problems. He lives in a magical forest, where the animals' emotions sometimes get lost and create imbalances! Leo is on a mission to help the animals of the forest find their balance, using his mathematical knowledge.



The forest was where math and creativity came alive, where steam and imagination fused together, making it a land of endless possibilities.

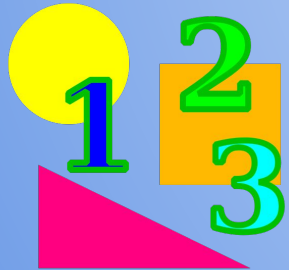
In this magic forest every feeling had a special place, and every emotion was celebrated.

Leo, with his math and STEAM skills, manages to help his friends (the joyful monkey, the sad giraffe, the excitement tarsius, the angry tiger, the scared lemur and the loving bear), to find their emotional harmony and balance by facing mathematical challenges and solving problems with creativity and logic.



Leo choose us to become his valuable assistants and to explore with him the magical world of emotions and balance!

The journey begins with the first mission he prepared for us!
Enjoy it!



A cartoon illustration of a fluffy brown lion cub with large blue eyes, standing in a vibrant green field with daisies and rolling hills in the background. A large yellow speech bubble is positioned above the cub, containing text.

Will you join me on this exciting journey?

Let me first explain you what balance is and then I shall introduce you some very special friends of mine.

Please tell me kids

"Have you ever played on a seesaw?"

Here I made a simple SEESAW,



A seesaw is a lot like our feelings!

Sometimes we feel very happy,
like when this side goes up.



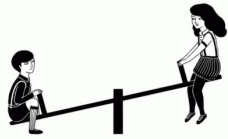
And other times, we might feel
sad, like when this side goes
down.





What's the most fun way to play on a seesaw?

When the seesaw is balanced, both sides work together, and we have the most fun. The same goes for our emotions. It's okay to feel happy, sad, angry, or scared at different times. But when we learn to balance our feelings, just like balancing a seesaw, we can feel more peaceful and enjoy each moment better.



Imagine that you are doing a seesaw with a friend of yours!

As you move gently up and down you find the perfect balance! You're working together to keep it steady

We can do that inside ourselves too, by understanding and listening to all our different feelings.



And now that we've learned what balance is, it's time to introduce you some very special friends of mine. These friends help us understand what we're feeling, and each of them has a unique role in our lives."



Joy

"She reminds us of the good times, the moments that make us laugh and feel alive. Joy is the spark that makes our hearts dance."



SADNESS

She whispers of the times
we've lost, the moments
that make our hearts ache
and tears fall.



SURPRISE

Surprise shows up when something unexpected happens, making our hearts skip a beat. Surprise reminds us that life is full of mysteries and new experiences."



ANGER

He helps us when something feels unfair or wrong. Anger gives us the strength to stand up for ourselves, but we must also learn to control him, so he doesn't cause harm."



FEAR

Fear keeps us safe, warning us of danger and helping us to be careful. But sometimes, Fear needs a little encouragement to step back and let us explore."



LOVE

"Love is the emotion that ties everything together. She reminds us to care for others, to be kind, and to find beauty in the world around us."





"Welcome kids to the magic forest of emotions!!!!A place where every emotion matters, and where we use the magic of math and creativity to understand our feelings.I'm so excited to be your guide on this incredible journey!



- **Let's take our colored crayons and draw Leo the balancer**

- **Let's make a seesaw!** (Just like I made a seesaw with the materials I found in the forest, you can make one with materials you can find in your classroom!)

- **Let's play now!**
Do you recognize the emotions?
Spin the wheel and mimic the feeling!

<https://wordwall.net/el/resource/75773458>

Do the puzzles

1. <https://www.jigsawplanet.com/?rc=play&pid=04b75e1249a7>
2. <https://www.jigsawplanet.com/?rc=play&pid=0b7e5a463700>

It's time for some action before you kids and I embark on our emotional journey together

