

## Lesson 2

L2R2

Serene	Disgusted
Enraged	At ease
Restful	Pleasant
Lonely	Enthusiastic
Repulsed	Sleepy
Surprised	Blissful
Drained	Shocked
Ecstatic	Apathetic
Peeved	Angry
Fulfilled	Despair

A set of 10 Social and Emotional Learning (SEL) lessons aimed at combatting bullying in a school environment by developing the social and emotional skills of young people aged 11-14.



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