Carousel of emotions

Learning objectives

Exploring and recognising emotions, developing self-awareness about personal emotional responses, learning to manage and respond to emotions effectively.

Participants

For **all age groups**, both individuals and groups.

Needed tools and resources

For the workshop, we need cards displaying or containing emotions.

Duration of the workshop

30 minutes

Co-funded by the European Union

Description of the workshop

1 Energiser

Briefly introduce the workshop and conduct a quick icebreaker to create a positive atmosphere. For example: Ask people to line up according to their birthday months or seasons. Discuss which month or season has the largest number and what reasons there might be for this.

2 Warm-up activity

A quick warm-up where participants move around the room and, when prompted, express the emotion displayed on nearby cards through facial expressions and body language. It fosters emotional awareness and prepares participants for the yoga session ahead.

3 Main activity

Start by introducing the concept of emotions and discussing common ones like happiness, sadness, anger, and calmness. Then, use visual flashcards or written words to quickly identify and discuss each emotion, encouraging participants to share how they personally react to each one. Allow the conversation to flow naturally, fostering a deeper exploration of emotions and individual experiences.

Briefly explain the concept of emotions as a carousel. Participants rotate through emotion stations (represented by cards), sharing a brief personal association with each emotion.

Introduce specific situations that trigger the emotion. Ask participants how they would react and how they should react.

Recap key points discussed during the workshop. At the end consider how we can weave these insights into our daily existence, even in the tiniest of actions. Think of it as adding droplets of wisdom to your everyday routine

4 Tips on how to liven up your workshop

- Use visual aids like emotion flashcards or images.
- Keep discussions brief and focused.
- Encourage participants to continue exploring emotions beyond the workshop.

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Anger

Sadness

Anxiety

Helplessness

Overwhelmed

Shame

BREAKING ABOOS about MENTAL HEALTH

Emotions

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Emotions

BREAKING ABOOS about MENTAL HEALTH

Emotions

Gratitude

Dismay

Joy

Hapiness

Bliss

Trust

BREAKING ABOOS about MENTAL HEALTH

Emotions

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