Emotions - naming, understanding, expressing. A game.

Learning objectives

- Understanding emotions
- Expressing the emotions and feelings
- Talking about emotions and sharing them with other people

Participants

This workshop is suitable for individuals **aged 14-16** who know each other and don't hesitate to talk about emotions in a well-known group of friends.
The number of participants ranging **from 5 to 10**.

Needed tools and resources

- Music file and the playback tool
- Cards with short stories from young people's lives

Duration of the workshop

From 60 min to 90 min max (included warm up activity lasting 15 minutes).
No special place, either indoors or outdoors, to perform this exercise.

Co-funded by the European Union

Description of the workshop

1 Energiser: Kick off the session with a lively game aimed at energising and engaging participants.

Example: Looking around

We ask participants to stand up. We then give instructions on which way they should look. They have to turn their head (just their head, not their body) and look in the right direction. When we say "up", they should tilt their head and look at the ceiling (or sky). When we say "down", participants should lower their head and look at the floor (or their feet). When they hear "left", they must turn their head to the left, when "right" - they should turn their head to the right. After a minute or so, we make a change. From now on, 'up' will mean 'down' and vice versa. When we say 'down', participants should look at the ceiling. When we say 'up', participants should look down at their feet. The meaning of 'left' and 'right' remains the same. Call out the four directions in a random order and ask participants to follow the instructions.

2 Warm-up activity

(This exercise helps to open up participants to the statements/conversation needed later in the exercise).

Then, they think about what the music makes them associate with and share it with others (they can choose one of the categories created by the facilitator previously or invent their own). Everyone should give reasons for the choice.

Examples of categories: sweets, clothes, drinks, days of the week, countries, animals, jewellery, furniture, flowers.

3 Main activity

Participants sit in a circle. A designated person (volunteer) draws one of the prepared cards on which short stories of young people's lives are written. They read it out loud and then participants talk about the feelings the story evoked in them, naming their emotions (e.g. joy, sadness, fear, surprise, fascination). Then, using body language, willing participants demonstrate this emotion. The next stage of the exercise is to talk about situations in which someone has experienced these feelings and, if it was difficult, how they dealt with them. We then repeat the whole round with the next person willing to draw a card.

4 Debriefing

Summarise the workshop with evaluation questions to monitor participants' feelings.

1. How did you feel during this exercise?
2. What was easy and what was difficult for you?
3. Did we miss any emotions that are worth writing on the card and demonstrating?

Co-funded by the European Union