The emotion as the main character of the storytelling

Learning objectives

- Familiarising emotions
- Showing and presenting emotions as something natural
- Emotions as an issue worth talking about them

Participants

The game is addressed to various group sizes, ranging from **small groups of 10 participants to larger groups of 20 or more**. The recommended **age would be from 14 – 16**. This proposal is related to the different communication skills and language resources of young people.

Needed tools and resources

- Set of cards with the names of various emotions written on
- Sheets of paper
- Pen or pencils

Duration of the workshop

The duration depends on the number of participants. We assume an optimum of **15 minutes** for the warm up activity, **3 minutes** for exercise instruction, **15 minutes** for the creation of a story and **5 - 10 minutes** for one participant to share.

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Description of the workshop

1 Energiser: Start with a quick game designed to energise and engage participants.

Example: What has changed?

Participants break into pairs. Partners observe one another and try to memorise the appearance of each other. Then one turns their back while the other makes three changes to their appearance; for example, putting their watch on the other wrist, removing their glasses, and rolling up their sleeves. The other player then turns around and has to try to spot the three changes. The players then switch roles.

2 Warm-up activity

Talking about feelings and emotions, what they are, where and why they are born. Pointing out that emotions are neither good nor bad. They are not subject to moral judgement. Everyone has the right to feel happy as well as sad or angry. The most important thing is what we do with these emotions and how we express them. The exercise is a preparation for the main part and aims not to exclude any of the emotions as the character of the storytelling.

3 Main activity

On the previously prepared cards, the names of various emotions are written (such as sadness, disappointment, joy, surprise etc.). Participants are sitting in a circle and a willing person draws one card. Then, within a few minutes this person creates a story (they can jot down its main points), in which the character becomes the personified emotion (so it can speak, move, etc.). When the participant is ready, they share the story with the others. The next person can draw a card and the round is repeated.

4 Debriefing

It is important to start the reflection with the story (or stories) participants created. They have created something honest based on their emotions, so we cannot leave them without sharing their thoughts. As we are talking about emotions it's worth to summarise the training with a few questions:

1. How did you feel during the activity?
2. Did you have any concerns about sharing the story with others?
3. Did storytelling help you or prevent you talking about your emotions?

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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

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