The rose-coloured glasses

Learning objectives

- To acknowledge that sadness and bad mood are valuable emotions.
- Collecting the ways of dealing with hard emotions.

Participants

The exercise is aimed at anyone **from 14 years of age**. We assume that participants do not know each other or know each other very little. The ideal group size would be **15-20 participants**.

Needed tools and resources

- Sheets of paper
- Pens or pencils
- The board
- Pink glasses for participants

Duration of the workshop

Due to the rather emotionally absorbing nature of the activity, we suggest **1.5 to 2 hours** to complete all tasks. It is useful to give participants time to familiarise themselves during warm up activity and prepare a two-part main task.

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Description of the workshop

1 Energiser: Kick off the session with an energising and engaging game before diving into the sessions.

Example: **Match the cards**
The facilitator chooses a number of wellknownphrases and writes half of each phrase on a piece of paper or card. For example, they write „Happy" on one piece of paper and "Birthday" on another (the number of pieces of paper should match the number of participants in the group.) The folded pieces of paper are put into a hat. Each participant takes a piece of paper from the hat and tries to find the member of the group with the matching half of the phrase.

2 Warm-up activity

Three pieces of information.
Each person writes down three pieces of information about themselves, one of which is false.
Each participant reads out this information.
The group's task is to guess which one is false.
In this way group members can get to know each other better and prepare to the main activity.

3 Main activity

Participants sit in a circle. A willing person shares something general that upsets or saddens them. The youth worker then clearly state that a bad mood is not something negative, but it's good to have ways to deal with it. They asks participants to draw on prepared sheets of paper a person (or write their name) who is close to them, whom they know well. Then, they draw or write how that person copes with a bad mood. Finally, participants walk around the room and look for a person who copes in the same way. After the activity is finished, the youth worker records all the suggested forms of managing with sadness and bad moods proposed by the participants. Importantly, one matching person wears rose-coloured glasses as a **symbol of "you are not alone"**.

4 Debriefing

Participants summarise all the ways of managing with a bad mood and difficult emotions. They evaluate which ones work better in some life situations like school problems, misunderstandings with parents or peers and others. The list of positive forms how to get well-being can be enriched with further suggestions from participants. The workshop culminates with each participant donning rose-coloured glasses for a while as a **symbol of joy**.

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