

## EMOTIONS

### What?

This activity aims to demonstrate self-awareness, how leisure influences emotions, and how to cope with emotional conflicts.

### Learning objectives:

- Self-awareness
- Emotional regulation

**How to use it?** The learners, can use this type of activity individually, or in pairs.

**Duration:** 60-120 minutes

**Materials:** A4 papers, pen

### Procedure:

#### STEP 1:

The trainers should explain the purpose of this activity. The activity aims to clarify some definitional issues about, what exactly are the emotions and how these emotions affect our body. Also, this exercise involve the variable “leisure time”, in accordance to assist the beneficiaries, thinking some alternative ways to cover more often their personal needs and dedicate more time to themselves.

#### STEP 2 :

The trainers should share the following questionnaire to the participants. If the activity used in pairs then the trainers should give one questionnaire per person.

The trainers ask from the participants to close their eyes for a minute and to think about :

- Their best, happiest memory of their life.
- The worst memory of their life.
- An inconvenient situation that they couldn't handle.

Then, they should fill in (individually or in teams) the following questionnaires:

Emotional Well-Being Evaluation Directions:

List appropriate answers in spaces provided.

List ten different emotions

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

6) \_\_\_\_\_

7) \_\_\_\_\_

8) \_\_\_\_\_

9) \_\_\_\_\_

10) \_\_\_\_\_

How can you recognize other's emotions?

\_\_\_\_\_

Explain how each leisure activity promotes positive emotions.

o Music: \_\_\_\_\_

\_\_\_\_\_

o Movies: \_\_\_\_\_

\_\_\_\_\_

o Writing: \_\_\_\_\_

\_\_\_\_\_

o Sports : \_\_\_\_\_

o Reading: \_\_\_\_\_

o In what ways do you want to spend your leisure time ?  
\_\_\_\_\_  
\_\_\_\_\_

Explain how you could cope with the following:

o Fear: \_\_\_\_\_  
\_\_\_\_\_

o Depression: \_\_\_\_\_  
\_\_\_\_\_

o Anger: \_\_\_\_\_  
\_\_\_\_\_

### **STEP 3:**

In this step the trainers should separate the individuals in pairs. Then they will give them 5 minutes to each one to answer the following questions. The questions should be provided to an A4 paper per pair. Then, one by one the interlocutors should answer the questions, calculating the answers given to the step 2.

#### Tip for the trainers:

The questions can be modified by the trainers, but they should be mainly focused on emotions.

Answer to the following:

-Do you want to share with your interlocutor the memories that you thought about, in the beginning of the activity? (You can choose only the good one, or the bad one, or even none, because these memories are really personal.)

-What were the criteria for choosing your options ?

- Explain why it is important to demonstrate empathy.

- Explain how leisure time influences positive mood.
- Did you find any kind of difficulties, during the activity ?
- Do you believe that this kind of questionnaire can be a useful action plan for the beneficiaries' needs?

#### **STEP 4 :**

##### **Feedback from the participants.**

Connection of the activity with the objective of the unit about Emotional Regulation. The trainers should focus to the need of expression and definition of their feelings in different situations of daily life. Though the variable of leisure time, the beneficiaries will have the opportunity to think alternative ways to deal with some anxiety situations or some emotional conflicts. Also, through the expression of their own feelings, they will be more aware about the facts of their daily life that cause them positive or negative emotions and in that way they can also increase or decrease the frequency of this situation.

After the time is up, the trainers should ask the participants:

- Do you find common elements/emotions with your interlocutor ?
- Do you believe that you can adopt any method used by your interlocutor, to regulate your emotions ?
- How do you feel by expressing your emotions to a person that you do not know ?
- What kind of emotions affect you the most in your everyday routine, the positive or the negative ones ?

**Limitations:** N/A

##### **Resources, references & availability:**

[http://www.dannypetry.com/ebook\\_emotions.pdf](http://www.dannypetry.com/ebook_emotions.pdf) (Activity 22, page 49)