
Erasmus+ Strategic Partnership project «Online Study Platform on Mediation»
Project number: 2016-1-LV01-KA203-022660

Activity Task

SHOWING EMOTIONS – NAMING EMOTIONS

The task:

Read a list of emotions:

- 1) Angry
- 2) Depressed
- 3) Confused
- 4) Helpless
- 5) Indifferent
- 6) Afraid
- 7) Hurt
- 8) Sad
- 9) Judgmental

One of you tells to the other a story what are the 3 most interesting books you have read (or 3 most interesting movies you have seen). While telling the story, pick 1 of the emotions (above) for the first 5 minutes, then the other emotion for the next 5 minutes, and then one other emotion for the last 5 minutes.

For instance, the first 5 minutes you tell about the book of Harry Potter feeling helpless emotions, then you tell next 5 minutes about Lord of the Rings in a sad feeling, and finally you tell about Cooking Recipe book with indifference.

The person who listens demonstrates active listening skills, including naming emotions.

After 15 minutes – change the roles.

For further studies get acquainted with features typical to each emotion:
http://thework.com/sites/thework/downloads/worksheets/Emotions_List_Ltr.pdf

PARTNERS:

