







7. DEALING WITH EMOTIONS

 Target group: Young people aged 16-30 Youth workers, educators, social workers	 Group size: 8 - 16 participants
 Duration: 60 - 90 minutes	 Type of activities: Drama exercises Personal sharing
 Resources: Standard Speakers	 Atmosphere needed: Safe space for sharing Relaxing setting

Aim

To explore emotions and learn ways to deal with them.



Learning Outcomes

- To learn that every emotion can bring some positives.
- To see how important it is to name emotions.
- To discover how to give space and time to emotions.

Note about the venue/setting for the workshop

The workshop is meant to be delivered outdoors, i.e. on a beach, in a public park, in a garden. If you decide to do it indoors, choose a wide room where the participants can move freely and feel comfortable in the space. Music helps to create a nice atmosphere so if you have the workshop outside, remember to take portable speakers!

Note about the atmosphere needed for the workshop

Whether it is an indoor or outdoor workshop, try to choose a place with natural or artificial barriers that will help the participants to feel

protected from outsiders. Create a relaxing atmosphere to help put the participants in the right mood (i.e. indoor: candles, pillows, soft colour, hot tea etc.; i.e. outdoor: ask them to take off their shoes, to enjoy the place and the feelings, to close their eyes, to make themselves comfortable).

Trainers

This workshop works better when there are two facilitators/leaders who will share the explanation and the management of every phase of the activity. The one who's not in charge has to check the timing and look at the participants to check if everything is alright and the feelings are following "the right path".

Introduction

As the participants arrive for the workshop, some relaxing music should be playing. We suggest "Emotion" by the Bee Gees to welcome the participants (you can choose also other songs, as long as they are relaxing).

Give a brief explanation about what the workshop is about and make sure the participants feel at ease and comfortable.

EXERCISE 1. (20 MIN)

Ask participants some questions to help them think about their past or present feelings at different times and encourage them to share the names of the emotions with others.

IMPORTANT: explain that participants will not have to share their personal stories, but they only need to think of the emotion and express it in one word, after each question! It is a very delicate and important aspect to tell them before the deep questions start.

Some example questions:

- How do you feel today?
- Think about a stressful moment that you experienced in the past: how did you feel? (The best situation is if the group has a common stressful experience to think about).
- Think about a very sad and difficult moment of your life: how did you feel?
- Think about a wonderful moment of your life: how did you feel?

IMPORTANT: You should always make the last question positive; otherwise the participants will continue the workshop with a bad mood.

After asking each question, give the participant the necessary time to think about the answer, no pressure and no rush. The core of the exercise is to recognise different types of emotions and try to name them appropriately. When they answer, the second facilitator (who is not asking the questions) should write all the words on a flipchart. **All the answers should be written on the same flipchart.**

When you collect all the answers, give the following title to the flipchart:

“NAMING EMOTIONS”

Explain that recognising emotions and giving them a name is the first step to be able to deal with them. In this phase, it can be useful to provide a tool called an “emotion chart”, which is a list with the different names of emotions. For some groups, it is not necessary at all, so you can decide according to the target group.

EXERCISE 2. (25 MIN)

After naming emotions, we should think about how to deal with them... but it is not easy! So, we're going to analyse how NOT to deal with emotions first.

Divide the group in pairs and ask them to think about a situation experienced in their lives where they think the emotions were not “well dealt with”. Ask each pair to draw a sketch (less than one minute) and show it to the rest of the group.

After each sketch is shown ask the group why and how the emotion of the sketch was “badly dealt with” and write their comments on a flipchart. When you summarise the exercise, underline that the flipchart shows examples of how NOT to deal with emotions and put an appropriate title on it. Then you could ask the participants: “So how SHOULD we deal with emotions?”

EXERCISE 3. (25 MIN)

Ask each pair to repeat the same sketch, but this time with good management of emotions. Ask the participants to try to explain, why this time the emotions were well dealt with. Write their comments on another flipchart.

When you have all the explanation you need, put a title on the flipchart:

“GIVE THE RIGHT SPACE AND TIME TO THE EMOTIONS”

Put together all three flipcharts and explain that if they need to deal with a particular emotion, they can use the following guidelines:

1. Feel the emotion without denying it, recognise it and give it a name.
2. Give the right space and the right time to express the emotion.
3. Pay attention to the emotions of the people around you and try to be an active listener; they also may need help in recognising and dealing with their emotions.

Debriefing



Put on the same music you played at the beginning and let the participants move around the room or space. When you stop the music, they have to talk to the first person they see and say what they are taking home from this workshop. Repeat this a few times, so that they can talk to more than one person (if possible, with all the participants).