



WORKSHOP - My emotions' catalogue

- **Introduzione - 10-15'**
 - Ice-breaker questions:
 - What is an emotion? Collective definition
 - Give me some examples! When was the last time you felt happy? Which things make you feel angry? What surprises you?
 - Intro su cosa faremo e come: riflessione sulle proprie emozioni e imparare a identificarle usando uno degli strumenti più conosciuti...

- **Introducing the emotion wheel and how to use it - 10'**
 - From inside to outside: (1) identify the main category, (2) strong/low intensity? If further from the centre: more intense. If I feel caught up in the main emotion, I can look at the different variations of the circle outside. Importance of nuances!
 - Select the most difficult emotions to understand > reflect together on what they mean

MAIN ACTIVITY

- **Reflection on one's emotions - 5-10'**; *writing on a white piece of paper*
 - Ask participants to think of some significant moments in their lives, or that they remember in which they felt intensely, *if it can be of different categories*. Make a list with them, in chronological order or by importance
 - Ask them to reflect on the emotions they felt in those moments, with the help of the emotion wheel
- **Creative expression - 20-30'**
 - Each participant chooses one of these moments, the one perhaps most significant for them (*either because of the importance of the moment itself, or because of the intensity of the emotions felt, for example*), and is invited to return to the main emotions they felt
 - Ask them to express these emotions through a creative work, a collage, including key words, songs, photographs, drawings, poems... in any language.
- **Sharing and reflection - 15-20'**
 - After the creative works are completed, participants share their creations with the group.
 - Each participant explains the selected emotion, the associated significant moment and how the creative work reflects these experiences.
- **Final remarks (facilitator) - 5-10'**
 - Did you know that all of this range of emotions exist? Do you use them often to describe how you are feeling?
 - Do you feel that you are more able now to express yourself?
 - Do you feel closer with the other participants?

FOLLOW-UP: Useful for their own emotions' expression in conversations with their peers, esp., in times of difficulties + for further exercises in which they will have to reflect on how they feel and how characters might be coping with (overwhelming) situations.

Always think about:

- How you feel, and how you can recognise this emotion in your body
- Why do you feel like this - are there specific behaviours or situations that make you feel like this? (have you noticed any pattern?)