**SOCIAL LITERACY EXERCISE FORMAT**

1. Module (title and number):
2. Exercise name: **Intensity of Feelings**
3. Purpose:

To be able to accurately identify emotions as they happen (only 36 percent of people are able to identify them)

1. Duration/Time frame:
2. Participants: n.a.
3. Group size: individual, diada, small group
4. Material: paper, pencil
5. Methods: focused learning, discussion
6. Description:

Social literacy among people in identifying and designating the emotions are still very low. Education systems still do not have a teaching bases for the placement of social learning in the curriculum.   
Exercise is the basis for the appointment of a sample of different emotions with different intensity. This serves both diversity, variety of emotions and feelings.

Participants are introduced to the emotional story or show them a short film that vzodbuja emotional reactions. You can napisešmo some situations from everyday life, which can also be emotional triggers. You can also walk down their life line and mark events that have affected them emotionally Most consequence. Then select up to 5 events and evaluate them / marked by the form of emotional understanding (EI) with intensity.   
  
Followed by an exchange of findings between the members of the discussion. The coach encourages interaction issues.

**Conclusions:**

* Be sure to end the session with conclusion – »what we have been learning today«
* ask every participant for Feedback
* Close the session with positive attitude

1. Advice for Trainer:

Talk and help the participants to debrief what they learned, discus how they can use this information in the light of what interactions help them improve.

Preparation will be needed in advance. It is important to have knowledge and skills in group dynamics.

1. Source/Literature: Sonja Bercko. 2011. Psycosocial Handbook. Integra Institute: Velenje. (Adapted from Emotional Intelligence 2.0. Bradberry & Greaves. 2009. Published by TalentSmart: San Diego, CA)
2. Handouts: Range of Emotions
3. Contributor (partner): Integra Institute (Sonja Bercko, psychosinthesis th. and NLP spec. practitioner)

**HANDOUT: RANGE OF EMOTIONS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Intensity of feelings | HAPPY | SAD | ANGRY | AFRAID | ASHAIMED |
| LOW | Glad  Contented  Pleasant  Pleased  Mellow  Tender | Unhappy  Moody  Blue  Upset Disappointed  Dissatisfied | Annoyed  Irritated  Perturbed  Resistant  Uplift  Touchy | Anxious  Caitious  Nervous  Unsure  Timid  Worried | Bashful  Pitied  Ridiculous  Regretful  Silly  Uncomfortable |
| MEDIUM | Cheerful  Gratified  Good  Glowing  Releived  Satisfied | Distressed  Heartbroken  Let down  Lost  Melancholy  Somber | Agitated  Defended  Frustrated  Disgusted  Mad  Upset | Apprehensive  Frightened  Insecure  Intimidated  Uneasy  Threatened | Apologetic  Guilty  Embarrassed  Secretive  Sneaky  Unworthy |
| HIGH | Ecstatic  Elated  Exuberant  Exited  Fired up  Passionate  Overjoyed  Thrilled | Agonized  Alone  Dejected  Depressed  Hurt  Hopeless  Miserable  Sorrowful | Betrayed  Boiling  Enraged  Furious  Irate  Loathsome  Outraged  Seething | Fearful  Frantic  Horrified  Panicky  Petrified  Scared stiff  Shocked  Terrified | Admonished  Defamed  Dishonored  Disgraced  Mortified  Remorseful  Sorrowful  Worthless |