**Size: small group, Duration: 30 min**

**TITLE: DANCING EMOTIONS**

**AIMS**:

* To recognize emotions
* To express emotions
* To encourage creativity

**DESCRIPTION**:

Students/participants become aware of different types of emotions and their influence on our inner experience.

In implementing the exercise the trainer/teacher should follow the instructions and steps stated below

**Step 1:** Name and draw the emotions. Use your creative potential; choose the colours. Draw symbols or other pictograms. Play and be creative also by exchanging the hand you draw with. Describe what you feel.

**Step 2:** Look at your drawing and add a comment; how do you understand it and what does it say. The teacher should guide the discussion or a conversation by asking questions: What are the prevailing colours? What lines? What symbols? What types of emotions can be understood by looking at the drawing? Is the drawing the reflection of my current emotional state?

**Step 3:** A conversation about the emotions in general follows. The trainer/teacher directs the group discussion in the sense of: the meaning of the emotions; types of emotions; how do we recognize the emotions of others (body language and alike); the answers should be written down on a board or on a larger piece of paper.

**Step 4**: Feedback: Have I learned anything new about myself?

**MATERIAL:**

A3 paper size, crayons, wax crayons, felt-tip pens

**PREPARATION:**

* Review and print the list of emotions
* Prior to the implementation of the exercise in a group, the trainer/teacher should try the exercise for himself/herself (following the steps as described above)

**COMMENTARY:**

* It is important for the students/users to get to know as many emotions as possible as well as to realize what role do emotions play in experiencing happiness; hence, a list of emotions should skilfully be used by teacher while implementing the exercise.
* Recognizing and expressing emotions is an important factor influencing the quality of our relations with others and interpersonal communication. Many people have great troubles, especially in naming the emotions – the influence of culture and social environment (nationally mixed environments).
* The exercise is appropriate for both young people and adults and can be implemented either individually or in a small group.

.

**EVIDENCE:** Evidence based

**AUTHOR:** Sonja Bercko

**SOURCE**: Bercko Sonja (2011) Learning Community project (workshops for seniors). Institute Integra