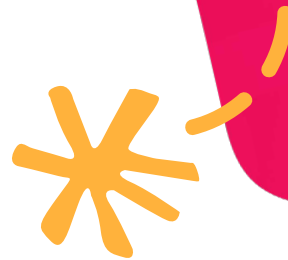


Exercise 1

PRIMAL EMOTIONS



SITUATION

Naming, recognising and clarifying emotions



PARTICIPANTS

Min. 4 - max. 16 participants



MATERIAL

- **Appendix 1:** (Laminated) emojis spread across the room – printed once
- **Appendix 2:** Reflection questions
- **Appendix 3:** Tips for expressing feelings
- Keep links to 3 videos to hand
- Beamer + screen/white wall, Sound system, Internet connection, PC



TIME

15 - 60 minutes

OBJECTIVES

- Introspection (taking a step back to look at yourself) and putting emotions into words
- The influence a given emotion has on my behaviour
- Identifying differences in feelings



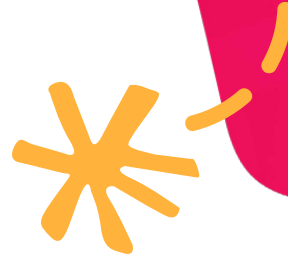
SEQUENCE

Round 1

The trainer:

1. To make the differences between emotions clear, show the participants this video:
'Introduction to emotions - YouTube'
<https://www.youtube.com/watch?v=TwQ3ISBj4-I>
2. Spread the laminated emojis (**Appendix 1**) on the floor 1 m apart. We are looking at the 6 basic emotions: fear, happiness, anger, sadness, surprise and disgust.

Exercise 1



3. Ask all the participants to choose one emoji and go and stand next to it. Later, participants move on to the next emoji.
4. Ask the participants to think about the reflection questions attached to each emotion (**appendix 2**).

Ronde 2

5. Play these videos:

'Anger: Judith vs. Stan | Thuis | Season 24 - YouTube'

<https://www.youtube.com/watch?v=uJdjYb9Dys>

'Fear: "Ik ben bang" | Familie | VTM - YouTube'

<https://www.youtube.com/watch?v=RvrEopRvPZI>

The videos show someone who is extremely angry and someone who is very afraid.

6. Ask the participants to go and sit in pairs. The participants tell each other if they've ever experienced a situation where their emotions got the better of them. They explain what happened.
7. Conclude the exercise with a theoretical framework, **Appendix 3**: tips for expressing emotions.