

Exercise 2

USING VIDEOS TO DISCUSS PRIMARY EMOTIONS



SITUATION

Describing, recognising and clarifying feelings



PARTICIPANTS

Min. 4 max. 16 participants



MATERIAL

- **Appendix 1:** Overview of Vorm DC videos ¹
- **Appendix 2:** AhaSlides
or
- **Appendix 3:** Emojis - printed for each participant in an envelope/plastic bag.
- Beamer + screen/white wall, Sound system, Wifi, PC



TIJD

15 - 60 minutes

OBJECTIVES

- Being able to empathise with situations that can arise in the workplace
- The influence a given emotion has on my behaviour
- Understanding that inappropriate conduct can be different for everyone



SEQUENCE

The trainer:

1. Show the Vorm DC videos one by one. The videos will bring up certain emotions. Everyone experiences the videos differently. As a result, everyone's reactions are different.

TIP! Select videos to suit the group of participants. Above all, choose recognisable situations, situations that have been discussed previously or situations that you know housekeepers have experienced in the past. It is important that the participants dare speak up.

¹ Please note: the same videos are also used in part 3, exercise 1. Are you going to use both exercises? If so, use a selection of videos for each exercise.

Exercise 2



2. Ask the participants how the video makes them feel.

They can choose an emoji to represent their feelings from the AhaSlide (**Appendix 2**) or the paper emojis (**Appendix 3**).

3. You can also ask these additional questions:

- What do you think about this situation?
- Why did you choose this emoji?
- If you were ever to find yourself in this situation again, what kind of support would you need?

If the group doesn't seem safe enough, get the participants to ask each other the questions in pairs.

If it feels safe to talk about the questions within the group, you can talk them through as a group.