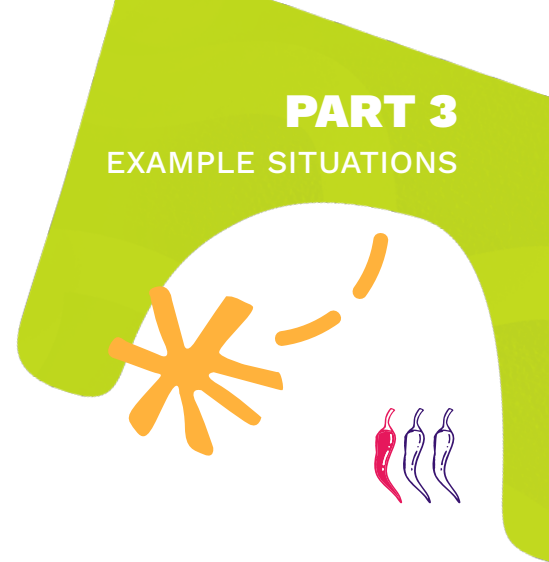


# Exercise 1A

## THE JAR SYSTEM



### SITUATION

Communication: talking about feelings, expressing frustrations, sadness, anger, ...



### PARTICIPANTS

At least 5 people



### MATERIAL

- **Appendix 1:** example situations - print and cut out and put in an envelope or plastic bag for each participant
- 4 coloured jars: green, orange, red and dark red
- **Appendix 2:** What can I do?
- Social map Vorm DC  
<https://vorm-dc.be/tools/provinciale-sociale-kaart>



### TIME

30 minutes

## OBJECTIVES

- Share what a given situation feels like to you
- Identify your own feelings
- Dare/be able to express your own feelings
- Experience equality between colleagues through exchange



## SEQUENCE

### The trainer

1. Provides 3 (or 4) glass jars with colour stickers (green, orange, red and dark red)

**Green** = this situation is not a big deal for me, I do what's asked of me without reacting.

**Orange** = I don't feel good about this, I don't like what's being asked and will talk about it with the client.

**Red** = This is absolutely not okay. I'm going to stop working for this client and I'm going to go to the office. I want to talk to my boss.

**(optional) Dark red** = I am taking this to the police/public advocate/etc.

## Exercise 1A

2. Explains the significance of the colours on the jars.
3. Hands out the card cutouts with example situations to every participant.  
(Appendix 1)
4. Asks the participants to read the example situations quietly to themselves.
5. Invites the participants to link the example situations to the correct colour jars.  
Important! Explains that everyone reacts to situations differently and everyone decides for themselves.
6. Asks the participants to place the situation cards in the jars.
7. Draws the participants' attention to the different amount of cards in the different jars.  
For example: there are a lot more cards in the red jar compared to the green one.  
Or, there are a similar amount of cards in all jars.
8. Takes a card out of a particular jar.
9. Reads the example situation to the group.
10. Asks if someone would like to share something about it. If not, the educator moves on to the next card.
11. Grants the participants the freedom to share whatever they feel comfortable with.
12. Adds what to do if these situations occur with a client (Appendix 2).