



## E-WISEE LAB

<b>Name of activity</b>	<b>Exploring Emotions Through Creative Expression</b>
<b>Description of activity</b>	The objective of this online activity is to promote self-reflection and socio-affective growth among young people aged 12-18 by encouraging them to explore and express their emotions creatively. Through this activity, participants will strengthen their emotional awareness, interpersonal skills, and ability to communicate their feelings effectively.
<b>Who are the participants?</b>	This material is meant for youth workers in their work with young people (12 - 18 years old ) using non-formal education methodologies.
<b>Competences Strengthened</b>	<p>Emotional Awareness and Self-expression: Participants will identify and express their emotions, enhancing their understanding of their own feelings.</p> <p>Communication And Interpersonal Skills: Sharing emotions with peers promotes effective communication and empathy.</p> <p>Self-reflection and Self-representation: Participants will reflect on why they are experiencing a particular emotion and express it creatively.</p> <p>Empathy and Understanding of Others' Emotions: Listening to peers' emotional experiences encourages empathy and a better understanding of others' feelings.</p>
<b>Number of participants</b>	4-10 participants
<b>Duration</b>	1.5 hours
<b>Materials for the activity</b>	<p>Internet-connected devices (laptops, smartphones, etc.)</p> <p>Access to a video conferencing platform (e.g. Zoom, Microsoft Teams, Google Meets)</p> <p>MURAL board (create a digital workspace on MURAL for collaborative activities)</p> <p>Art supplies (e.g. markers, paper, etc.) or digital drawing tools</p>
<b>Activity Steps</b>	<ol style="list-style-type: none"> <li>1) Introduction (10 min) Begin by explaining the purpose and objectives of the activity. Ensure that all participants have access to the necessary materials and are comfortable using the online meeting platform you have chosen</li> <li>2) Emotion Wheel Selection (15 min) Display a pre-made "emotional wheel" on the MURAL board featuring a variety of emotions (e.g happy, sad, anxious, etc) Instruct participants to select an emotion from the wheel within MURAL that resonates with them at the moment. They should also</li> </ol>

	<p>record this emotion in writing or through creative representation directly on the MURAL board.</p> <p>3) Creative Expression in MURAL (30 min)</p> <p>Encourage participants to express their chosen emotion creatively using digital drawing tools or by adding images and text to the MURAL board.</p> <p>Ask them to reflect on the events or factors that triggered this emotion and consider incorporating these elements into their digital representation within MURAL.</p> <p>4) Sharing and discussion (15 min)</p> <p>Use the MURAL board to facilitate the sharing of participants' creative representations.</p> <p>Allocate time for each participant to explain the emotion they selected and why. Facilitate active listening and encourage empathetic responses among participants as they hear each other's emotional stories.</p> <p>Empathetic Responses:</p> <ul style="list-style-type: none"> <li>- Validation: Validate the speaker's emotions by acknowledging their feelings as real and legitimate. This helps the speaker feel heard and understood.</li> <li>- Avoiding Judgment: Encourage participants to avoid passing judgment or offering solutions unless the speaker specifically requests advice. Instead, focus on creating a safe and non-judgmental space for sharing.</li> <li>- Active Listening: Encourage participants to actively listen to the person sharing their emotions. This includes nodding, giving verbal cues, etc.</li> </ul> <p>5) Debriefing (10 min)</p> <p>Lead a structured discussion about the outcomes of the activity, using MURAL to keep track on key points.</p> <p>Encourage participants to reflect and respond to questions such as:</p> <p>Did this activity help you gain a deeper understanding of your emotions?</p> <p>How did it feel to share your emotions with others?</p> <p>Did you gain insights into the emotions of your peers?</p> <p>How can the experiences from this activity be applied to improving your interpersonal relationships?</p> <p>Closing Remarks (5 min)</p> <p>Summarise the key takeaways from the discussion and emphasise the importance of continuing to explore and express emotions in daily life.</p> <p>Invite participants to save their MURAL board for future reference and personal growth.</p>
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