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## E-WISEE LAB

<b>Name of activity</b>	<b>Journey into Effective Communication and Emotions</b>
<b>Description of activity</b>	This workshop is designed to help participants strengthen their communication skills and emotional understanding in their work with young people. The session is divided into various activities, each aimed at fostering self-awareness and effective interpersonal interactions. The activities include creating emotional collages, mapping personal emotions, engaging in creative role-play, crafting emotion-inspired artifacts, participating in a story circle, and finally, engaging in reflective group discussions. Throughout the workshop, participants are encouraged to explore and express their emotions while considering their implications in their work with youth. The session aims to create a supportive environment for learning and personal growth.
<b>Who are the participants?</b>	This activity is foreseen to strengthen Youth Workers, skills such as Effective communication; Expressing emotions; Interpersonal interactions; Self-awareness; Sense of group; Active Listening.
<b>Identification of the aims of the activity</b>	To develop skills on effective communication and expression of emotions.
<b>Number of participants</b>	10-12
<b>Duration</b>	2 hours
<b>Materials for the activity</b>	Pen and paper
<b>Identification of the competencies</b>	Effective communication Expressing emotions Interpersonal interactions Self-awareness Sense of group Active Listening
<b>Activity Steps</b>	<p>Introduction (15 minutes)</p> <p>Welcome participants warmly, creating a positive and inclusive atmosphere from the start. Emphasize the importance of effective communication and emotional understanding in their work with young people. Highlight how these skills are the foundation for building strong relationships.</p> <p>Activity 1: Emotional Collage (20 minutes) Distribute magazines, newspapers, scissors, glue, and large sheets</p>

of paper to participants.  
Introduce the concept of using collages to visually express emotions.  
Encourage participants to explore the materials and choose images, words, or phrases that resonate with different emotions.  
Engage in one-on-one discussions as participants work on their collages, prompting them to explain their choices.  
After completing their collages, gather the group in a circle. Allow each participant to present their collage, the emotions depicted, and their significance. Foster a dialogue by asking follow-up questions

#### Activity 2: Emotional Mapping

##### Introduction to emotion mapping (5 minutes)

Begin by explaining the concept of emotion mapping and its importance in understanding one's emotional landscape.  
Emotion mapping involves the visual representation of a range of emotions that a person often experiences.

##### Guided emotion mapping (5 minutes)

Distribute blank sheets of paper and colored markers to participants.  
Explain that each participant will create their own feelings map.  
Encourage participants to reflect on the emotions they often feel in their work with youth and in their personal lives.

##### Creating the feelings map (5 minutes)

Instruct participants to draw a simple map with emotional categories or themes (e.g. happiness, sadness, frustration, excitement) represented as discrete segments.  
Participants can use colours, shapes or symbols to differentiate the emotions. For example, they could choose a warm colour such as red for anger and a cool colour such as blue for calm.

##### Personal reflection (5 minutes)

Let participants study their emotion maps for a while and reflect on the patterns and frequencies of different emotions.  
Encourage participants to consider the triggers and contexts that lead to particular emotions.

##### Group discussion (5 minutes)

Lead a group discussion by asking questions such as:  
What patterns or trends do you notice in your emotion maps?  
Are there certain emotions that you experience more often than others?  
How can understanding your own emotions affect your interactions with young people?

#### Activity 3: Creative Role play (25 minutes)

Divide participants into pairs or small groups, ensuring diversity in group composition.  
Provide scenarios relevant to youth workers, such as mediating conflicts between young people or assisting them with important

	<p>life choices.  Assign each group a scenario and an emotion. They will perform a role play where they effectively communicate the assigned emotion to resolve the situation.  Encourage groups to incorporate non-verbal cues like body language and facial expressions.  After each role play, invite the group to share their observations and insights.</p> <p>Activity 4: Emotion-inspired artefacts (25 minutes)</p> <p>Provide a variety of art materials such as clay, markers, paints and craft materials.  Share a list of emotions (e.g., happiness, frustration, determination) and explain that each participant will choose one emotion.  Participants will create a small artifact that symbolizes or represents the chosen emotion.  Allow participants enough time to construct their artefacts, encouraging them to give personal meaning to their creations.  Ask participants to present their artefacts and share the feelings they tried to communicate.</p> <p>Activity 5: Story Circle (30 minutes)</p> <p>Form a circle and guide participants through a storytelling activity. Provide a prompt related to emotions and youth work (e.g., "Share a moment when effective communication diffused a challenging situation involving young people and emotions.")  Encourage participants to share their personal stories, fostering active listening within the circle.  Facilitate an open discussion following the storytelling session. Encourage participants to reflect on common themes, strategies, and challenges in dealing with emotions in youth work.</p>
<p><b>Post-Activity Debriefing</b></p>	<p>Reflection and Discussion (30 minutes)</p> <p>Lead a comprehensive group reflection on all activities, highlighting the intersections between creativity, emotions, and effective communication.  Encourage participants to share profound insights, personal growth, and newfound awareness.</p> <p>Here are some reflection questions regarding each activity separately:</p> <p>After Emotion Collage:</p> <p>What emotions did you choose to include in your collage, and why were they significant to you?  Were there any unexpected insights or realizations that came up while creating your collage?  How do you think creative activities like this can enhance your</p>

	<p>ability to express emotions when working with young people?</p> <p>After Emotion Mapping:</p> <p>Were there any patterns or trends in your emotion map that surprised you? How might these patterns relate to your work with young people?</p> <p>Can you identify situations or contexts that often trigger certain emotions on your map?</p> <p>How might a deeper understanding of your own emotions impact your interactions with young people and the challenges they face?</p> <p>After Creative Role Play:</p> <p>How did the role play activity help you grasp the importance of effectively communicating emotions in different situations?</p> <p>What strategies or techniques did you notice in other groups' role plays that resonated with you?</p> <p>How might you apply the insights gained from these role plays to real-life situations in your youth work?</p> <p>After Emotion-Inspired Artifacts:</p> <p>What emotions did you choose to represent through your artifact, and how did you translate those emotions into your creation?</p> <p>What challenges did you face in visually representing complex emotions, and how did you overcome them?</p> <p>How might these artifacts serve as conversation starters or tools for encouraging young people to express their emotions?</p> <p>After Story Circle:</p> <p>Reflecting on the stories shared during the circle, were there common themes or strategies that emerged in effectively communicating emotions to young people?</p> <p>Can you identify any instances in your own experiences where effective communication of emotions played a role in your interactions with young people?</p> <p>How do you plan to integrate the lessons learned from these stories into your future work with young people?</p>
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