E-WISEE LAB

Name of activity	**Music and emotions**
Description of activity	Identify macro families of emotions and learn to describe them through the use of language. The categories of emotions from which one can start are some of the basic emotions according to Ekman, particularly anger, fear, sadness, and happiness. But other emotions defined in the literature such as tenderness, pride, and shame. Each of these emotions can have different intensities or can mix with other emotions. Music is a complex sound stimulus capable of eliciting a wide range of emotional responses, of different intensities and sometimes very complex.
Who are the participants?	This activity is foreseen to strengthen Youth Workers, skills such as active listening, empathy, effective communication, and emotional communication.
Identification of the aims of the activity	Some pieces of classical music are listened to and, at the end of listening to each piece, a table is completed. In the little squares next to each term (Contentment, Love, Enjoyment, Insecurity, Exasperation, Despair, Embarrassment, Satisfaction, Caring, Happiness, Impatience, Depression, Shame, Threat, Bliss, Tenderness, Humor, Fear, Impatience, Boredom, Discomfort, Ecstasy, Union, Cheerfulness, Restlessness, Anger, Cupidity, Retention, Grace, Gratitude, Pleasure, Discomfort, Annoyance, Sadness, Deprecation, Pride, Protection, Playfulness, Anxiety, Irritation, Nostalgia, Inadequacy, Fieriness, Sweetness, Vitality, Turmoil, Wrath, Melancholy, Subjection, Majesty, Compassion, Contentedness, Restlessness, Hate, Lamentativeness, Fear, Solemnity, Kindness, Joy, Fear, Disappointment, Abatement, Intimidated), you enter a number from 1 to 10, where 1 means not at all, and 10 means a lot. Link YouTube tracks to listen to: Grieg - In the hall of Mountain king The Swan - Saint-Saens Chopin-Prelude no.15 'Raindrop', op.28 Mahler's Third Movement First Symphony Beethoven - Symphony No.7 in A major op.92 - II, Allegretto
Number of participants	At least 3
Duration	60 minutes
Materials for the activity	Online connection
Identification of the	Identifying emotions

competencies	
Suggestions for the post-activation debriefing	At the end of the activities, there are some questions to collect feedback: - have you identified any terms you did not know? - what terms do you often use when referring to your emotions? - did describing the terms in this way help you focus more on the emotions you felt while listening?
Disclaimer	This content is released under a Creative Commons Attribution 4.0 International License. You are free to: - Share: copy and redistribute the material in any medium or format. - Adapt: remix, transform, and build upon the material for any commercial purpose. The licensor cannot revoke these freedoms if you follow the license terms. Under the following terms: **Attribution** — You must give appropriate credit, provide a link to the license, and indicate if changes were made. You may do so reasonably, but not in any way that suggests the licensor endorses you or your use. **Share Alike** — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. https://creativecommons.org/licenses/by/4.0/