



EWISSEE
EUROPE WORKING FOR INCLUSIVE SEX AND EMOTIONAL EDUCATION



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E-WISEE LAB

Name of activity	The emotion map
Description of activity	Know how to handle an emotion positively and make people think about their physical reactions and those of others, showing that physical reactions can often be the same, but how they are handled by each person is different.
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	<p>A poster entitled "The Emotion Map" is prepared, and we divide it into six columns and two horizontal spaces:</p> <ul style="list-style-type: none">- the six columns should show six very frequent moods: anger, fear, sadness, anxiety, shame, happiness;- the two horizontal spaces are devoted respectively to physical reactions and ways of managing emotion at the behavioural level. <p>Participants are invited to do the same on an A3 sheet of paper and we ask them to describe each emotion their physical reactions and behavior.</p> <p>For example, anger provokes physical reactions such as sudden heat, muscle tension, acceleration of heartbeat, irregularity of breathing, and increased sweating, especially of the hands; the resulting behaviours may be different: some people get so caught up in anger that they lose control and violently attack those in front of them; others lash out verbally, shouting nasty and sharp words; while others suppress their anger, isolating themselves.</p>
Number of participants	A least 5
Duration	60 minutes
Materials for the activity	Poster board, A3 sheets, Pens
Identification of the competencies	Recognizing emotions and managing reactions
Suggestions for the post-activation debriefing	At the end of the investigative phase, we compare the participants' work and report on the poster board the most shared physical reactions and behaviours. We invite them to reflect on why we feel certain emotions, and what the causes may be, and then discuss the different behaviors that these emotions may generate.
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