

12. LEARNING WITH EMOTIONS

Although emotions are an important part of learning, we sometimes forget to mention them or forget what we learned from them. A learner who was frustrated about a boring session or really excited during a fun exercise can look back and analyse their feelings at that moment. This exercise can encourage participants to think about how emotions influence our attitudes and consequently our behaviour.



GROUP SIZE

Any



DURATION

30 minutes

RESOURCES & PREPARATION (SPACE, MATERIAL, EQUIPMENT, PEOPLE)



- Cut-out images (see handout)
- Pen and Paper



OBJECTIVES

- Revisiting the emotions experienced during the learning experience and learning from them

DESCRIPTION OF THE METHOD STEP BY STEP



Step 1

- Cut out the images in the handout and place them in an envelope.

Step 2

- Explain to participants that the aim of this exercise is to allow them to remember what emotions were present during their learning process and to help them write down what they have learned from those emotions.

Instructions for participants:

Step 3

- Take the images in the envelope and choose a few that represent feelings or emotions that were present during your learning process. There is no limit on the number of pictures you can choose, and it does not matter if they represent positive or negative emotions.
- Write down a few sentences explaining how you felt and what you learned from these emotions.

DEBRIEFING QUESTIONS

- What did you learn from that emotion?
- What will you do about it in the future?
- How much of this reflection is useful for others, such as a future employer?
- How can you express this in your Youthpass?

THINGS TO KEEP IN MIND



Sometimes participants lack the words to express their emotions. Using drawings can be helpful to start this reflection, but eventually they will need to articulate their emotions in writing. If that is an obstacle, you can bring along a list of words related to emotions in the language of the group and share it with your participants.

CREATED BY

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Emotions:



HAPPY



TIRED



SURPRISE



SUSPICION



MAYBE



DOUBT



FEAR



ENTHUSIASM



CONFUSED



DISAPPROVAL



SARCASM



ANGER



ASLEEP



QUESTIONING



SMILE



SCARED



GLOOM



EAGER



SNEAKY



CRYING