

Emotions are an important part of learning, but sometimes we forget to mention them and what we learned from them. A learner that was frustrated about a boring session or really exited during a funny exercise can look back and analyse his/her behaviour at that moment. This might open a new door to think about how our feelings influence our attitudes and consequently our behaviour.

Group size

Any

Time/duration

30m

Resources & Preparation (space, material, equipment, people)

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

Objectives

- Revisiting the emotions felt during the learning experience and drawing some lessons from them

Description of the method step by step

- Cut out the images in the handout and place them in an envelope or box.
- Explain to participants that the aim of this exercise is to allow them to remember what were the feelings present during their learning process and to help them write down what they've learned from those emotions.

Instructions for participants:

1. Look at the images and choose a few that represent feelings or emotions that were present during your learning process. (There is no limit for how many pictures you can choose, and it doesn't matter if they are positive or negative emotions.)
2. Write down a few sentences where you explain what you felt and what you have learned from those specific emotions.
3. After debriefing it, invite participants to directly in their self-assessment what competences they have in dealing with emotions.

Debriefing questions

- What have you learned from that feeling?
- What will you do in the future about it?
- What can you take from this reflection that is useful for others? a future employer, for example?
- How can you express that in your Youthpass?

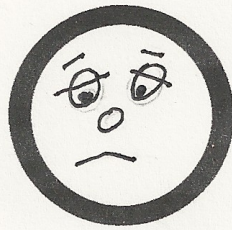
Ideas for adaptation (for different target groups, age, ability, working contexts)

Sometimes young people miss the words to express their emotions. Using drawings can be helpful to start this reflection. However, eventually they will need to put words on their feelings. If that is an obstacle, maybe bring a list of words related to feelings in your own language and share with your participants, it might help.

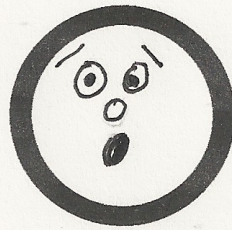
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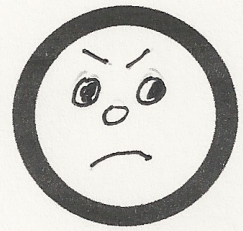
HAPPY



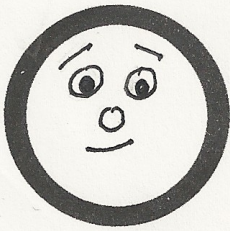
TIRED



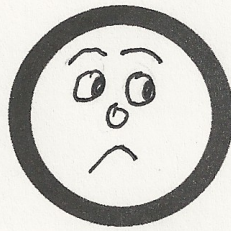
SURPRISE



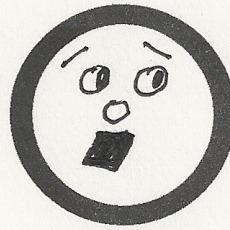
SUSPICION



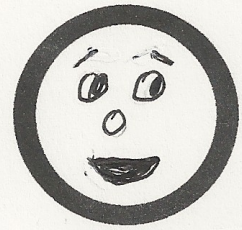
MAYBE



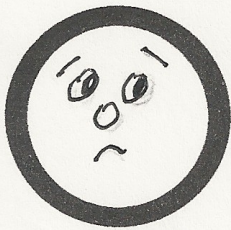
DOUBT



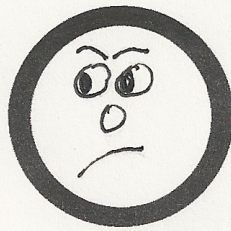
FEAR



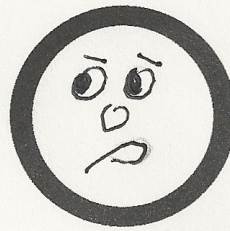
THAT'S GREAT.



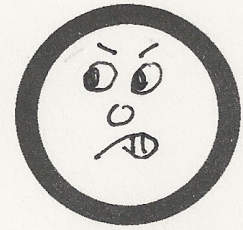
LEARY



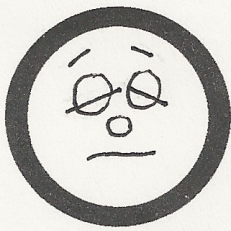
DISAPPROVAL



SARCASM



ANGER



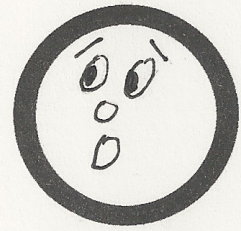
ASLEEP



QUESTIONING



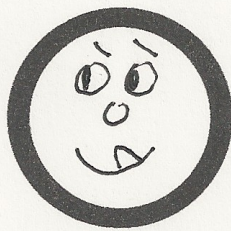
SMILE



SCARED



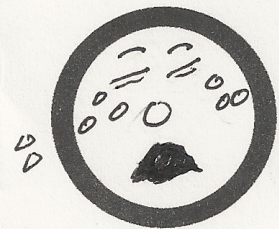
GLOOM



EAGER



SNEAKY



CRYING