






Tame your dragons — how to express emotions in a safe and powerful way

 TIME	-
 No.	-
 MATERIALS	<ul style="list-style-type: none"> • Depends on the specific activity
 OBJECTIVES	<ul style="list-style-type: none"> • To prepare and awaken our body and mind to express feelings in new ways
 INSTRUCTIONS STEP BY STEP	<p>We offer here a set of smaller activities with tips and suggestions on how to prepare and awaken our mind and body to express feelings in new ways.</p> <p>Discovering your emotions</p> <ol style="list-style-type: none"> 1. On bands of paper, write down emotions and feelings (one word per paper). The words should be legible on the ground when you

are standing: don't hesitate to write them large enough and with a thick marker;

2. Be thorough: *angry, jealous, disgusted, sad, surprised, joyous, loving, cheerful, merry, serene, joyful, cheerful, relaxed, confident, content, in good mood, satisfied, calm, peaceful, optimistic, moved, in love, reassured, safe, delighted, fulfilled, amused, amazed, interested, inspired, curious, surprised, tired, hurt, upset, sad, disappointed, sorry, helpless, destitute, grieved, dissatisfied, tense, fragile, suspicious, confused, worried, anxious, disgusted, tired, detached, hurt, ashamed, bored, embarrassed, guilty, insecure, vulnerable, greedy, demanding, resentful, angry, resentful, agitated, irritated;*
3. Arrange all these emotions on the floor to create a walk-in space. Ask people to walk around and read them one by one. When an emotion resonates with them or they think they are experiencing it right now, they pause before the word. They close their eyes, try to feel it and focus on their physical sensations;
4. Then, they continue their walk. Finally, ask them to choose an emotion they are feeling now, as part of the workshop. They take this word, or several words, and share how they feel today.

The map of feelings

1. Choose a series of images that represent an emotion or state of mind. For example, choose works by artists, landscape photographs, images representing weather conditions, etc. Choose high-resolution images. Print them in A4 format and display them in the room;
2. Suggest that people choose one that represents the state of mind in which they are facing the meeting and/or the emotions they are feeling. Each person takes the image with them. Stand in a circle. Take turns explaining why you chose that particular image;
3. When one person has finished sharing, they invite a new person to express themselves. It is possible to give feedback at the end of the meeting by asking the same question at the beginning.

Sculpture of emotions

1. Ask group members to create a circle (include yourself in the group). Person "A" asks a question to the person across the circle, let's call him or her "B", about these emotions. *For example, "A: How did you feel on the ride over here?"*;
2. Person "B" answers. *For example, "B: I was excited to come to the workshop, but also a little anxious."* Person "A" (the one who asked



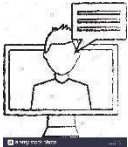
the question) must then create a fixed posture, a “sculpture” of the emotion of person “B”. The two people to the right and left of person “A” must complete this statue with other postures. The person “B” can come to model the statues. When “B” finds that the sculpture is representative of these emotions, the person claps her hands, and the statues can return to their place. It is then the turn of the person on the left to ask a question to the person in front of them about their emotions. And so on, until all the members of the group have passed.

Monkey Business

1. Invite participants to play like children; we are going to be animals in the jungle, in the savanna, we are going to become noisy things in a city;
2. Walk freely in the room. Invite participants to walk first normally. “Walk slowly. Very slowly. A little faster. Faster, even faster. Run! Now again very very slowly. Walk like people in the morning on their way to work. Walk like teachers. Walk like doctors. Walk like politicians. Walk like a policeman and then as a popstar. walk like a very old granny. Walk like a 2-year-old child”;
3. Everyone gets a piece of folded paper with an animal name on it. You can make a male and female of the same sort of animal. Invite participants to walk like that animal on their paper. Try to get the essence of that animal deeply in your body. Just walk. Try to move more like that animal and give the voice of that animal. give some time for participants to arrive and enjoy their role. Now invite them to find their mates.

My day — your day — me voice — you voice

1. Explore how feelings and emotions can be expressed with voice and gesture but without words;
2. Participants walk freely in the room. Stand in a circle. Invite them for a warming up physical exercise which involves the whole body: *begin to give voice while you put your hands on your different body parts. Try to use your voice as if your body was an instrument. Put your hands on the top of your head — on your neck — on your chest — on your stomach — on your belly — on your lower belly (pelvic area). (you may want to make this part lying on the floor). Experiment with lower, higher, harder, softer voices;*
3. Walk again freely in the room. Find a place where you feel comfortable. Find a comfortable position. You can stand, sit or lie on the floor. You can close your eyes. Answer these questions

	<p>aloud: <i>What was your morning like? What is your best memory? What was your last holiday like? What is your voice when you ...;</i></p> <p>4. Make pairs. Close your eyes — your partner leads you with their voice:</p> <ul style="list-style-type: none"> • 'I see you' — we work in pairs again; describe your partner, what you see; • 'How I feel' - pairs; describe what you feel in your body from top to toe; • Open-close with body parts; walk in the room, make a gesture only with your hand which means OPEN... make a gesture with your foot CLOSE.... and so on... <p>5. Prepare small, folded papers with feelings. (<i>See list for emotions above</i>). Make a circle, put the paper in a basket in the middle. Someone stands in the middle and chooses one paper and expresses that emotion. Choose someone from the circle who has to do the same expression. They approach the first person, and slowly take the same gesture from her, so that they switch, she goes in the middle now, chooses another paper (feeling), this continues.</p>
 <p>DISCUSSIONS</p>	-
 <p>HINTS</p>	-
 <p>THIS ACTIVITY ONLINE</p>	-



THEORY

As children during our socialisation, we learn how we are allowed and not allowed to express our emotions. ‘Boys don’t cry’, ‘Good girls don’t shout’- just to mention one stereotype.

We learn to organise and discipline our emotions from an early age even without knowing that we do that.

But that also means that we simply forget to express some feelings; we don’t have proper ways anymore to express certain emotions and feelings. Because of our environment, we might think: it’s not proper, not polite, irritating, scandalous or rather dangerous. But we do have feelings and we can practice learning new or old-new ways to express them safely and effectively. This can lead us closer to ourselves and healthy relationships, preventing us from unnecessary frustration, self-hate, avoidance.



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