








Calling emotions through colours and shapes

 TIME	60 minutes
 No.	Around 20
 MATERIAL	<ul style="list-style-type: none"> - Coloured papers - Pens or pencils - Scissors
 OBJECTIVES	<ul style="list-style-type: none"> ● Self-awareness ● Connection with oneself ● Emotional literacy ● Open communication ● Empathy
 INSTRUCTIONS STEP BY STEP	<ul style="list-style-type: none"> - The activity takes place in different steps: the first step is called “the roll-call of emotions”. The facilitator asks participants to express their feelings at that moment. They are invited to rank a feeling with a number between 1 and 10. A lower number represents a negative emotion (e.g. hopelessness, distrust, fear), while a higher number represents a positive emotion (e.g. hope, optimism, confidence). At this stage, they don’t need to give any explanation. - In the second stage, the facilitator gives each participant different coloured papers and asks them to choose one colour representing the previously associated emotion with the number. The facilitator also asks to cut the paper in a shape that also helps to represent the emotion or to draw the shape on the paper. - On the selected coloured paper, participants write an emotion they feel, why they feel it, and why they associate that colour with that emotion. <i>(Is not necessary to write the name on the paper)</i>

 DISCUSSION	<p>At the end of the exercise, the facilitator can ask Group to reflect on the activity by asking the group to consider:</p> <ul style="list-style-type: none"> – What did I get from this activity? – Did I learn something more or new about myself? – Did listening to the others help me to reflect more about myself?
 THEORY	<p>Often people don't express these feelings, which remain unexpressed or, even worst, people don't even realize they are stuck in a fog of negative feelings which prevent them to control their life and acting.</p> <p>Therefore, it is important to reflect on our own feelings and find "safe" ways to express them. The association with numbers, colours and shapes, helps people to do so more easily.</p>