






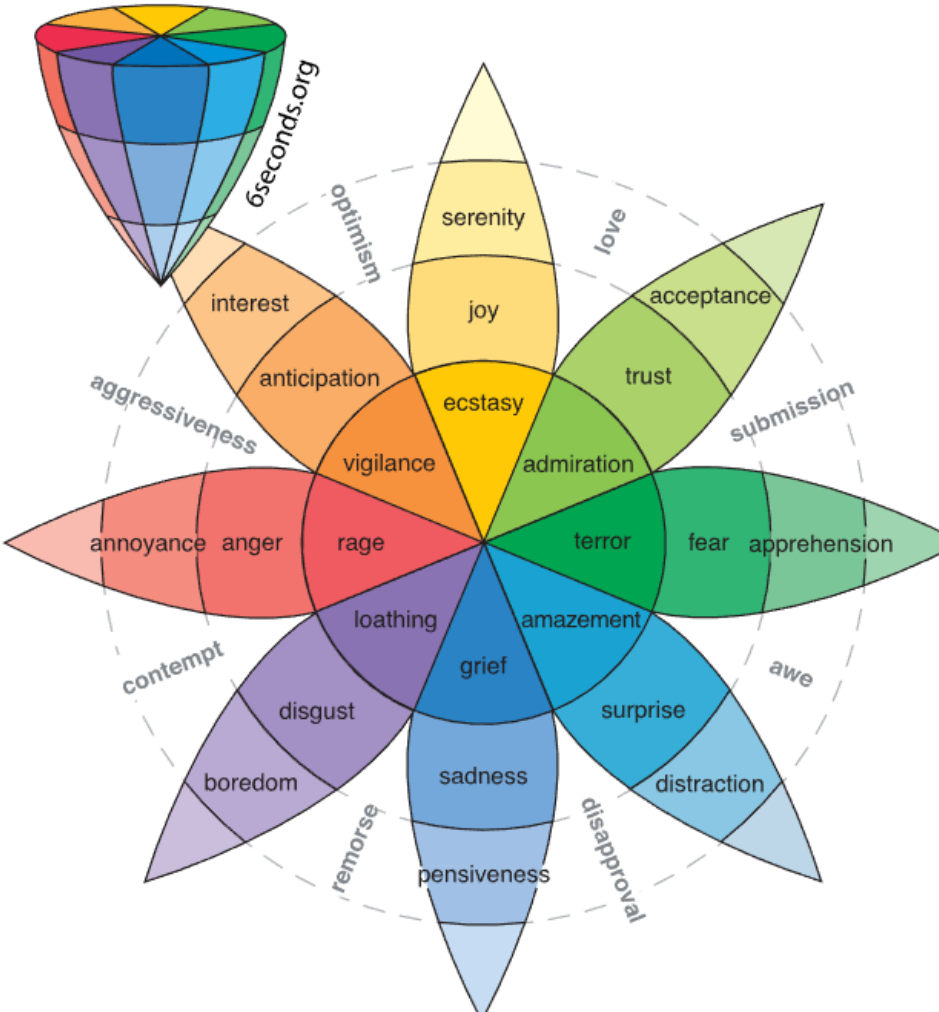


Feelings thermometer

 TIME	30 minutes
 NO.	Unlimited
 MATERIAL	- Paper
 OBJECTIVES	<ul style="list-style-type: none"> • Recognize Emotions in Self and Others • Express a Range of Emotions
 INSTRUCTIONS STEP BY STEP	<p>Participants are asked to put the emotions provided in order (distributed on different slips of paper). They start with an emotion that is considered to be rather neutral and afterwards, through active and participatory collaboration, try to go up in intensity until they reach the emotion peak and then, conversely, go down to the lowest possible level.</p> <p>An example of a route taken by some pupils:</p> <ul style="list-style-type: none"> - Tranquillity (neutral emotion); - Serenity, contentment, joy, happiness, euphoria (rising emotions); - Melancholy, nostalgia, boredom, sadness, unhappiness, desolation (decreasing emotions); <p>*Activity advice</p> <p>In the case of a large number of participants, it is recommendable to work in sub-groups, in a way that each group assesses one of the four primary emotions (happiness, sadness, fear, anger), and then returns to the group to discuss the emotions together.</p> <p>A further option is to let the sub-groups work in parallel, starting with the same neutral emotion, and then comparing the emotional gradations found by each group and also the order chosen.</p>

	<p>It is recommended to encourage creativity when ordering emotions, meaning there is not only one way to do it- linear and gradual -, instead, it will be decided according to the criteria chosen by the group, reflecting and motivating the choice.</p>
<p> DISCUSSION</p>	<p>This activity facilitates the expression, also verbally, of the gradualness of certain emotions and encourages the discussion about the intensity of emotional states.</p> <p>At the end of the exercise, the facilitator can ask the 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?

<p> THEORY</p>	<p>The 'Plutchik flower' can be provided as a final reference.</p>  <p>The diagram illustrates Plutchik's Wheel of Emotions, a model of emotion that consists of two concentric circles of eight petals. The inner circle represents primary emotions, and the outer circle represents secondary emotions. The primary emotions are: joy (yellow), fear (green), anger (red), surprise (blue), sadness (light blue), disgust (purple), anticipation (orange), and interest (light orange). The secondary emotions are: love (pink), submission (light green), terror (dark green), amazement (light blue), grief (dark blue), loathing (dark purple), rage (dark red), and contempt (dark orange). The petals are arranged in a circular pattern, with each primary emotion adjacent to two secondary emotions. The source is cited as https://www.6seconds.org/2022/03/13/plutchik-wheel-emotions/.</p>
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