

Teacher's notes

Activity 7.2 Kaleidoscope of emotions

Duration guide

20 minutes

You will need

- a piece of card for each student
- a flipchart or different coloured paper.

Students will need

- flipchart paper
- a piece of card
- pen/pencil/colouring pencils/felt tips.

The purpose of this session is to enable the students to be aware of the vast range of emotions that they are capable of feeling. They will be reassured to realise that the whole group experiences the majority of these emotions at some time.

Introduce the session, and lead into a group discussion – how many different emotions can we think of?

Some common emotions they may think of:

- happiness
- sadness
- anger
- joy
- disappointment
- frustration
- hurt
- love
- excitement
- fear
- despair
- inadequacy
- sweetness

... and hopefully many more!

Write them up on the board/flipchart as you go along, or give pairs of students flipchart paper to write on themselves. (Ideally, write it where it can be saved for the next session.)

Hand out the pieces of card, and either allocate emotions to students or allow them to choose. Some may gain from focusing on a particular emotion. Just ensure there is at least one card for each emotion.

Brief the students on decorating their cards to reflect the emotion, as colourfully as possible.

When the cards are finished, collect them in and keep them safe to use in a display, maybe using the idea of a kaleidoscope.

Student activity

Activity 7.2 **Kaleidoscope of emotions****You will need**

- flipchart paper
- a piece of card
- pen/pencil/labouring pencils/felt tips.



The purpose of this session is to become aware of the vast range of emotions that we are capable of feeling.

Action

How many different emotions can you think of? Brainstorm your ideas on a piece of flipchart paper. Have a group discussion, and add to the list of emotions as you go along.

On your piece of card, you are going to illustrate one of the emotions from the list – your teacher will tell you which one, or allow you to choose.

Really make your card reflect the word you are writing. You may want to do this by adding pictures or diagrams or by use of colour, or all three.

For instance, if the emotion you are writing is *anger*, you may want to use red flames or spiky, red bits or angry faces, symbolising anger.

