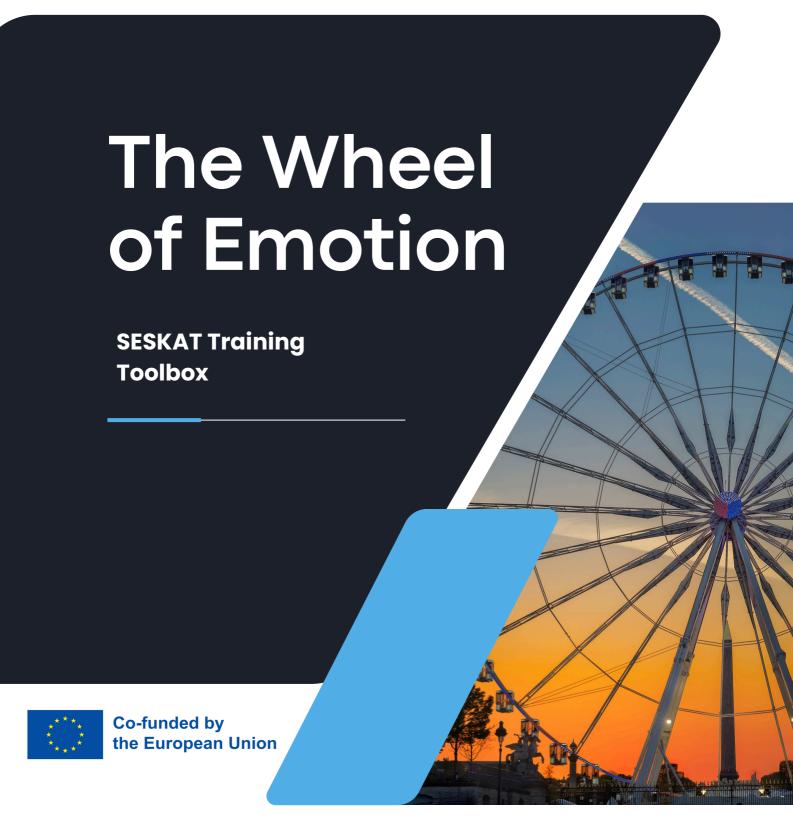
SESKAT. Development of Social and Emotional Skills in Adult Training 2021-1-DE02-KA220-ADU-000035095



Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.





In "Wheel of emotions", participants will have the chance to reflect on the different emotions and to creatively work on them.

Objectives



- To learn to name and recognise different emotions
- To reflect about the way they feel and the way they would prefer to feel
- To have a safe place to talk about emotions and learn that there are no good or bad emotions.

Connection with Soft Skills and Emotional Intelligence

Self-awareness is the first component of emotional intelligence and therefore crucial in selfemotional management. Participants will have the chance to their self-emotional improve management by reflecting on how they feel and how they wish to feel instead.







Resources and Materials

For the tool the trainer will need:

- Plutchik's Wheel of emotions, either printed in colour for every participant or shown on the board
- · Something to colour with
- a sheet of paper for every participant with a wheel with eight quadrants





01

10 minutes: The trainer will introduce the participants to the Plutchik's Wheel of emotions and answer questions that may arise.

02

10 minutes: The trainer asks the participants to reflect about which emotion(s) they are feeling at the moment and which one(s) they would like to be feeling instead.

03

15 minutes: Participants will get plentyof colours and a sheet of paper representing a wheel with eight quadrants. They now have to choose eight emotions, including the ones they were feelingand the ones they wish they wouldfeel, and have to represent them on the wheel. They can use different colours, patterns, and textures.

04

15 minutes: It is now time to reflect about the activity. How do the participants feel? Have they discovered anything they were not fully aware of? How does thinking about one's emotional state affect the emotional state?







Learning Outcomes

Participants willnot only gainknowledge about the different emotions, but they willlearn how to regulate them by reflecting on how they feel/how they wish to feel.

