

Show your emotions¹

1. First step

The pupils are sitting in a circle. The teacher explains the children that she/he will read to them some passages representing different emotional situations and that they, afterwards, have to play these situations.



Examples of such emotional situations:

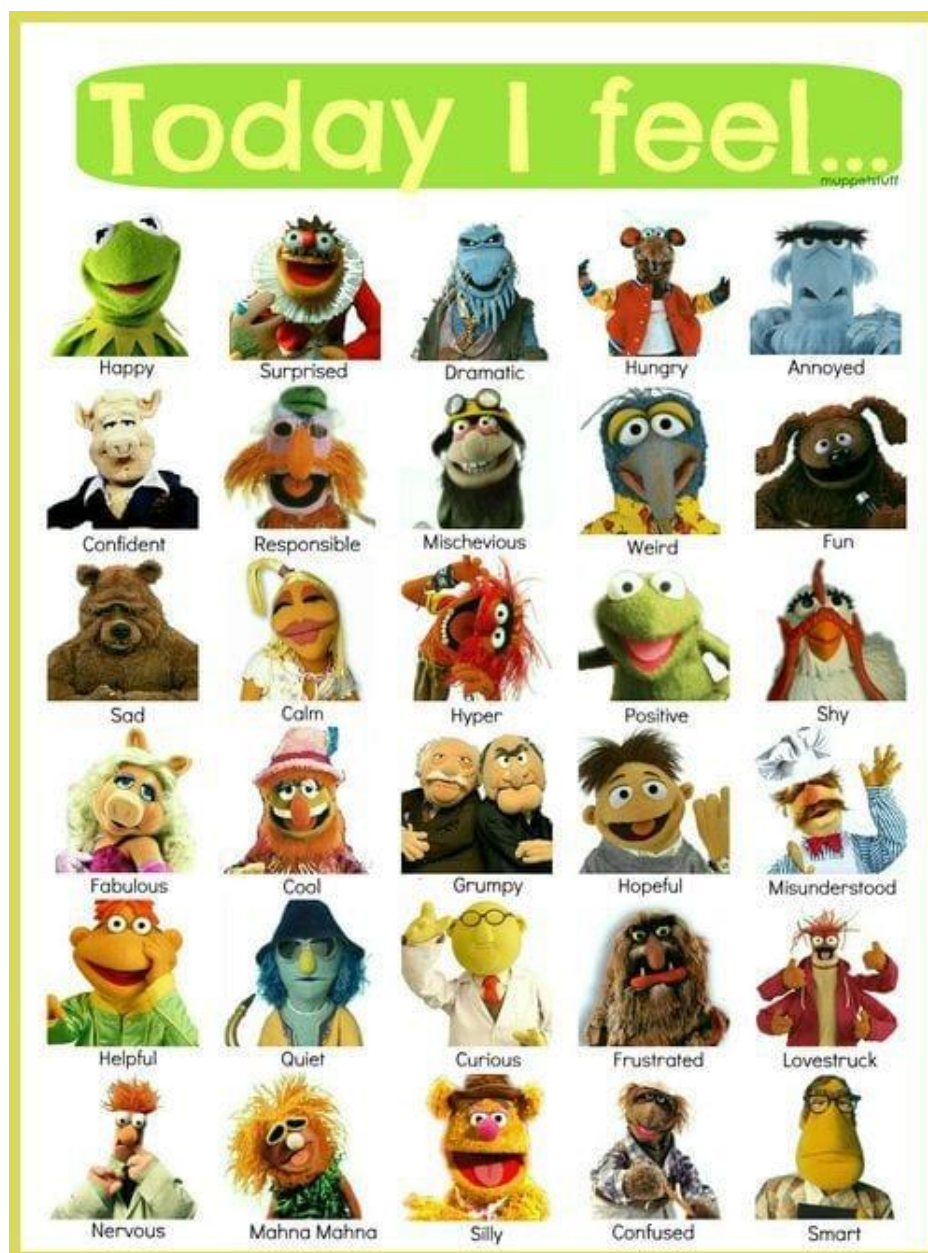
- Walking around the main square, Eura and Eurus have the impression that something bad is brewing. The evil dragon Savagia wants to become the chief of all the people of Europaliatus so that she can take all the decisions by her own.
- All the dragons meet regularly at the marketplace to chat, eat and play music together.
- The dragon train is very crowded and there is no single place left. A dragon child sees that an elderly dragon is looking for a seat. He stands up and offers the aged dragon his seat.
- The evil dragon demands that female dragons stay at home to clean up and educate the children while the male dragons must do all the other jobs that our society needs.
-

¹ Stronger children – less violence : Daphne Program

2. Second step²

After playing these emotional situations, the teacher can discuss the different situations by asking a series of questions:

- How did you feel while playing your role?
- Have you already felt this sort of emotions before? If so, can you describe the situation(s) were you already felt these emotions!
- Could you discern the emotions of the other pupils playing their role?
- How did you feel, seeing your friend(s) being happy/sad ...?
- ...



² Image : <https://s18670.pcdn.co/wp-content/uploads/Start-the-Day-With-a-Check-In-21-Ways-to-Integrate-Social-Emotional-Learning.jpg>

