

Suggested learning paths - Feelings and Emotions

Theme 7: Feelings and Emotions

1. Like to get you know you well - 8-14 Years old
2. You're playing with My feelings. Aren't you? - 16 - 19 Years old

1) Like to get you know you well - 8-14 Years old

Games: The colour monster, Totem, Feelinks

Information: All the games may be used at various levels: as ice-breaking activities or to a deeper level to increase self-awareness and mutual knowledge and acceptance. Our advice is to start with less complex games such as the color monster or Totem then play Feelinks which may lead to some surprisingly good conversations about complex issues (from genetic manipulation to their relationship with their father).

Elder students can play these games using foreign languages. The learning path aims are:

- to identify examples of emotions, feelings, and moods
- to develop self-awareness

Competences:

- Values: respect of law as it comes out in all games as rules must be known, respected and then used human dignity
- Skills: respect, cooperation, listening, observing, empathy, linguistic, communicative and pluri- linguistic skills, conflict resolution
- Attitudes: openness to otherness, respect, tolerance of ambiguity
- Knowledge & understanding: knowledge and critical understanding of the self

2) You're playing with My feelings. Aren't you? - 16 - 19 Years old

Games: Totem, Feelinks, Can You? The privileges game

Information: The games are listed according to the recommended age of the players. Younger players may start with less complex games such as Totem to the self-awareness and the mutual knowledge and then play Feelinks which may lead to some surprisingly good conversations about complex issues (from genetic manipulation to their relationship with their father). Our advice is to play Can You? The privileges game under adult supervision as it deals with issues such as sexuality, sexual diseases, gender issues and stereotypes, and contraception. For the same reason, this game may be targeted on older teenagers or young adults.

The learning path aims are:

- to identify examples of emotions, feelings, and moods to develop self-awareness
- to support sex education
- to prevent prejudices, gender stereotypes and bullying

Competences:

- Values: respect of law as it comes out in all games as rules must be known, respected and then used, human dignity and human rights
- Skills: respect, cooperation, listening, observing, empathy, linguistic, communicative and pluri-linguistic skills, conflict resolution
- Attitudes: openness to otherness, respect, responsibility, tolerance of ambiguity
- Knowledge & understanding: knowledge and critical understanding of the self, knowledge and critical understanding of the world