

# 3 Outside In Activity Plan



*This could be a main activity. It is drama based and doesn't involve any reading or writing*

## Activity 3.1



Ask the participants to think of a scenario that they would be comfortable sharing where they experienced a number of strong emotions. Remind them not to share anything that might make them vulnerable because it is a bit raw or too revealing.

## Activity 3.2



Break into smaller groups and ask them to choose one of the scenarios. They need to identify each of the emotions from the scenario and allocate one emotion to each member of their group.

## Activity 3.3



Take each group in turn and let the emotions describe the scenario by talking about the event in a way which is consistent with the feeling they represent.

## Activity 3.4



See if the participants can guess what emotions they are representing.

### *Learning outcomes*

- Self awareness
- Ability to identify emotions