

4 Rainbows of Emotions Activity Plan



This activity can be delivered in one session. It is drama based and doesn't involve any reading or writing.

Activity 4.1



Ask members of the group to share recent experiences where they felt strong emotions. Advise them not to share anything too personal as their scenario will be discussed in depth.

Activity 4.2



Select one scenario (although you can repeat the exercise) and explore the events in it in depth.

Activity 4.3



Get the group to identify all the different emotions that the person might have felt and give each emotion to a different person in the group to look after. Ask them to identify a key phrase to express that emotion. They can consult the person with the original scenario.

Activity 4.4



Ask each of the people looking after emotions, in turn, what do they need and negotiate a solution with them.

Activity 4.5



Ask the person with the original scenario if this has given them any ideas for managing their emotions.

Learning outcomes

- Ability to identify emotions
- Understand of how emotions are triggered
- Techniques for managing emotions