in partnership with unicef | WORLD CHILDREN'S DAY sixseconds THE EMOTIONAL INTELLIGENCE NETWORK

Title: **FEELING WALK**

Goal:
Learn more about your own and others' feelings.

sixseconds
THE EMOTIONAL INTELLIGENCE NETWORK

Resources:
Scissors
Tape
Feeling Posters
Situations Handout

Intro:
At this station you and a partner or small group will explore how you feel about different situations.

Instructions:

Get a partner or small group.
One of you reads a "Situation Card" out loud
Each of you moves to stand near the feeling that is most likely what you'd feel in the situation.
Discuss one of the questions below… then the next person chooses a card and then repeat the process until each person has read one situation.

Discussion:

Did you all have the same or similar feelings? Why?
How easy or hard is it to imagine that people could have very different feelings in the same situation?
What would happen if we were better at noticing our own and others' feelings in the moments of our lives?



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POP-UP FESTIVAL