

EMOTIONS IN DISCRIMINATORY SITUATIONS

AIM:

This activity aims to raise the issue of discrimination and its various forms. It should illustrate that people react to discriminatory practices and prejudices with various emotions. Even in the same situation, the reactions can be very diverse. Identifying these emotions leads — understandably — to the search for various solutions, to ways of defending oneself, to transformations in the life stance. In the discussion part of this activity, we focus on cases of discrimination defined by laws as well as on the whole range of practices that may create a favourable environment for the growth of discrimination.

TYPE OF ACTIVITY:

deepening activity

TARGET GROUP:

group size: any size

age: 15–25 years

gender: any gender

DURATION:

- ▶ for this activity, reserve approximately 30 minutes in total

ACCESSIBILITY:

- ▶ the ability to move around the room
- ▶ discussion

MATERIALS:

- ▶ a set of stories
- ▶ a set of Feelings Cards
- ▶ enough space to spread out the cards

Alternatively, when participants share their own stories:

- ▶ papers
- ▶ writing implements
- ▶ “a box” (e.g. a card box, a hat) to anonymously collect papers with their stories

PROCESS:

The facilitator presents the activity to the group, places Feeling Cards randomly in the room, and prepares sample stories. Next, the facilitator reads the first ‘story-situation’ out. The participants’ task is to imagine the emotion they would experience in this situation, find a card that resembles most accurately their emotion, and stand next to it. When everyone in the group has chosen their card, participants are asked to share (voluntarily) reasons why they have selected a particular card for this situation. It is key that sharing is voluntary. The merit of this activity is the diversity of emotions that are picked, which is extremely likely to occur.

REFLECTIVE QUESTIONS:

- ▶ How did you feel when you heard these stories?
- ▶ Was it easy for you to describe the emotion you felt?
- ▶ What was it like for you — hearing which emotions and feelings the others experienced in the same situation(s)?