

FEELINGS CARDS ACTIVITY

AIM:

The activity aims to introduce a representation of inner experience based on the feelings (and needs) concept developed within non-violent communication. This means to get to know a variety of human feelings, to try to discuss a neutral topic to reflect these feelings, and simultaneously to build vocabulary that we can use to describe our inner experience better.

TYPE OF ACTIVITY:

opening activity

TARGET GROUP:

group size: any size

age: 15–25 years

gender: any gender

DURATION:

- ▶ introducing the Iceberg model: 30 minutes
- ▶ work with a set of Feelings Cards: 20 minutes

ACCESSIBILITY:

- ▶ reading Feelings Cards
- ▶ introspection

MATERIALS:

- ▶ an Iceberg model (hand-drawn) on a large piece of paper
- ▶ a set of Feelings Cards

PROCESS:

At the beginning of this activity, we introduce the Iceberg model for an illustration of the dynamics of the inner experience based on human feelings and needs. Before this activity, we draw the Iceberg model on a flipchart. Following this introduction, we first work with a set of Feelings cards (and then with a set of Needs cards).

Hand out sets of Feelings Cards to participants. Each participant finds a spot without distractions and with enough space to spread the cards out. Next, participants should think about the feelings they experienced this morning/today. They only keep the cards that express these feelings. After individual work is finished, we all sit in a circle to share and discuss which Feelings Cards we have selected.

REFLECTIVE QUESTIONS:

- ▶ Which Feelings Cards have you chosen and why? What is the story behind these feelings?
- ▶ Which feelings dominated your selection: positive, negative, or neutral ones?
- ▶ Were you surprised by something during the reflection on your feelings? For instance, how many/what feelings have you experienced during this reflection?