**SOCIAL LITERACY EXERCISE FORMAT**

1. Module (title and number):
2. Exercise name: **Feelings Vocabulary**
3. Purpose: list and name the feelings; to have and create an emotional (personal) vocabulary; there are many individuals who have no words (descriptors) for our feelings
4. Duration/Time frame: n.a.
5. Participants: n.a.
6. Group size: individual and /or small group
7. Material: paper, pencil, color cardboard
8. Methods: mind mapping, poster, …
9. Description:

Expressing feelings is helpful to use and know words that refer to specific emotions: Many of us are often using words that are general or vague. For example, if we say, “I feel good”, the word “good” has many meanings: happy, excited, relieved or a number of other emotions. General words, such as “good” or “bad” etc.prevent the listener from connecting easily with what we actually feel.

While it is good to compile the list and by that increase power to articulate feelings and clearly describe a whole range of emotional states.

If you are working in the group, than it is good to create more creative atmosphere – such a poster design, mind map, or even facial expressions as a part of observation and evaluation training.

1. Advice for Trainer:
2. Source/Literature: Bercko Sonja. 2009. Psychosocial Rehabilitation Counselling Brochure. Integra Institute
3. Handouts :
4. Contributor (partner): Integra Institute