**SOCIAL LITERACY EXERCISE FORMAT**

1. Module (title and number):
2. Exercise name: **Intensity of Feelings**
3. Purpose:

To be able to accurately identify emotions as they happen (only 36 percent of people are able to identify them)

1. Duration/Time frame:
2. Participants: n.a.
3. Group size: individual, diada, small group
4. Material: paper, pencil
5. Methods: focused learning, discussion
6. Description:

Social literacy among people in identifying and designating the emotions are still very low. Education systems still do not have a teaching bases for the placement of social learning in the curriculum.
Exercise is the basis for the appointment of a sample of different emotions with different intensity. This serves both diversity, variety of emotions and feelings.

Participants are introduced to the emotional story or show them a short film that vzodbuja emotional reactions. You can napisešmo some situations from everyday life, which can also be emotional triggers. You can also walk down their life line and mark events that have affected them emotionally Most consequence. Then select up to 5 events and evaluate them / marked by the form of emotional understanding (EI) with intensity.

Followed by an exchange of findings between the members of the discussion. The coach encourages interaction issues.

**Conclusions:**

* Be sure to end the session with conclusion – »what we have been learning today«
* ask every participant for Feedback
* Close the session with positive attitude
1. Advice for Trainer:

Talk and help the participants to debrief what they learned, discus how they can use this information in the light of what interactions help them improve.

Preparation will be needed in advance. It is important to have knowledge and skills in group dynamics.

1. Source/Literature: Sonja Bercko. 2011. Psycosocial Handbook. Integra Institute: Velenje. (Adapted from Emotional Intelligence 2.0. Bradberry & Greaves. 2009. Published by TalentSmart: San Diego, CA)
2. Handouts: Range of Emotions
3. Contributor (partner): Integra Institute (Sonja Bercko, psychosinthesis th. and NLP spec. practitioner)

**HANDOUT: RANGE OF EMOTIONS**

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| --- | --- | --- | --- | --- | --- |
| Intensity of feelings | HAPPY | SAD | ANGRY | AFRAID | ASHAIMED  |
| LOW | Glad ContentedPleasant PleasedMellowTender | UnhappyMoodyBlueUpset Disappointed Dissatisfied  | AnnoyedIrritatedPerturbedResistantUpliftTouchy  | AnxiousCaitiousNervous Unsure Timid Worried  | BashfulPitiedRidiculousRegretfulSillyUncomfortable |
| MEDIUM  | Cheerful GratifiedGood Glowing Releived Satisfied  | DistressedHeartbrokenLet downLost MelancholySomber  | Agitated DefendedFrustratedDisgustedMadUpset | ApprehensiveFrightenedInsecure IntimidatedUneasy Threatened | Apologetic Guilty EmbarrassedSecretiveSneaky Unworthy  |
| HIGH | EcstaticElatedExuberantExitedFired upPassionateOverjoyedThrilled  | Agonized Alone Dejected Depressed Hurt HopelessMiserableSorrowful  | BetrayedBoiling Enraged FuriousIrateLoathsomeOutragedSeething | Fearful FranticHorrifiedPanickyPetrifiedScared stiffShocked Terrified | AdmonishedDefamedDishonoredDisgracedMortifiedRemorsefulSorrowfulWorthless |