Title: Different mood

Exercise Code SLQUALED007

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| Modules: | Group size: | Duration: |
| 1. Social Learning | Small group  Large group | 60 min |

Purpose:

To become aware of the expression and variety of non-verbal communication.

# Description:

Participants separate into four groups. Each group has to communicate different moods/feelings using various types of media:

* impatient/annoyed
* uncertain/hesitant
* happy/optimistic
* convinced/self-confident

The type of media is then selected from: painting, sound/rhythm, pantomime, building a human sculpture.

After rehearsals in small groups, the results are presented to the other participants who should recognize and name the presented mood/feeling.

# Material:

Rhythmic instruments, flipchart paper, color markers

# Methods:

Experiental learning

# Source/Literature:

Modified and adapted from: Handbook Labour Office & Clients  
Improving the Communication Between Labour Office Advisers and Their Clients   
Úrad Práce, Dunajská Streda 2006