



Professional reconversion to ensure a better professional future

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HANDS-ON LEARNING ACTIVITIES BOOKLET: Emotional Intelligence



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Information

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4.6 Emotional Intelligence

Activity 1

Activity title	Photolanguage of emotions
Topic	Emotional intelligence
Aim	Developing your emotional intelligence
Target group	Adult learners
Duration	30 min
Objective/ Learning objectives	• To recognise emotions perceived in others • To appropriate the language of emotions • To identify physical signs, components of emotions
Needed materials	• A series of photographs of people expressing emotion. • A whiteboard, markers
Steps for implementation	The trainer forms several groups of 2, 3 or 4 people depending on the number of participants. The trainer distributes to each group a series of photographs representing people expressing an emotion: joy, surprise, fear, anger, sadness, surprise, stress, disgust and their variations. <i>Online version :</i> <i>The trainer shares his screen and projects photographs</i> Examples of photos  



Step 1

Duration: 15 min

- To recognise one's own emotions and those of others
- To know how to talk about and analyse emotions

The trainer invites the participants to observe the photographs carefully.

Firstly, the participants must agree on the emotion observed in each photo and, after collective agreement, express it to the class.

Online

version

Virtual meeting rooms: Use the meeting rooms on videoconferencing platforms to create small groups. Each group can discuss and list emotions using shared documents or online whiteboards.

Step 2

Duration: 15 min

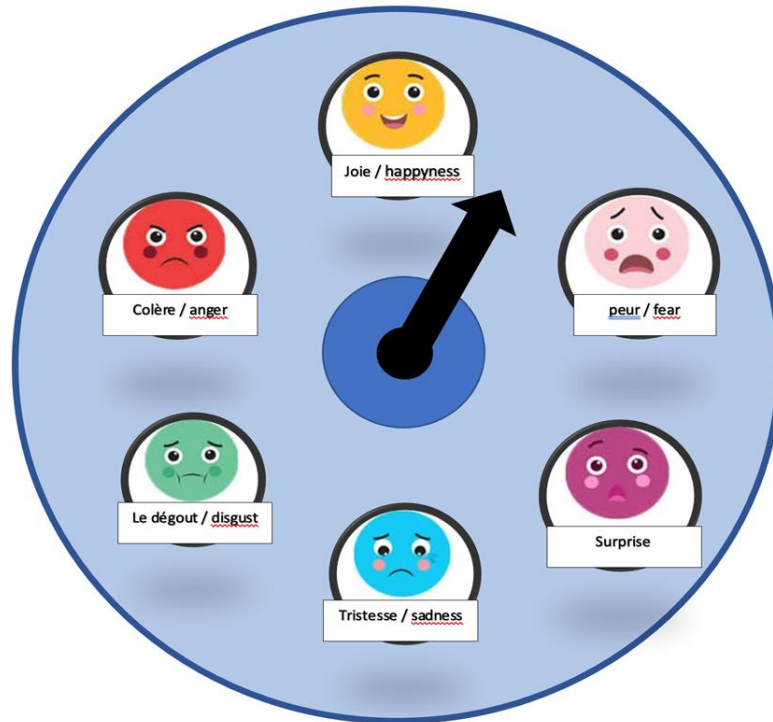
- To perceive and detect the physical signals triggered by an emotion
- To develop empathy and self-awareness
- To develop interpersonal skills

The trainer then gives them another moment to observe the photos so that they can construct a description of the physical signals characteristic of the emotions represented. Pooling of results. Discussion of the descriptions in the large group.

	<i>Online version</i> <i>Interactive polls and surveys</i> <i>Use tools such as Mentimeter or Kahoot! for real-time polls where participants can select and vote on different emotions and their physical manifestations.</i>
Method	The trainer should first explain the purpose and objectives of the activity. The trainer should invite all participants to express themselves freely on what they see, and why they feel this way. The trainer should provide the means to facilitate exchanges and debates between the participants. The external and internal analysis of emotions and their expression with a view to objectifying them should underpin the activity.
Evaluation (questions)	Discussions and exchanges after the observation and pooling phases. ● Have you already noticed all these signs in other people? ● Could you add other physical signs to those already observed? On other parts of the body? Other less visible signs? ● Do these emotions cause the same physical signs in you? ● What are some ways in which you could improve your perception of emotions? ● How can developing your emotional intelligence help you in everyday situations? Professional situations? ● In the case of negative emotions, what can be done to transform the situation?
Links/ References	● https://globalleadershipfoundation.com/geit/eitest.html ● https://www.ihhp.com/free-eq-quiz/ ● https://online.hbs.edu/blog/post/emotional-intelligence-in-leadership

Activity 2

Activity title	Wheel of Emotion
Topic	Emotional Intelligence
Aim	Developing emotional intelligence
Target group	Adult learners
Duration	20 min
Objective/ Learning objectives	• To recognise the main emotions, describing emotions • To appropriate the language of emotions • To identify the physical signals, components of emotions
Needed materials	A whiteboard, markers. a video projector to display a wheel with the primary emotions and their variations
Steps for implementation	Step 1. Duration : 5 min • Identifying primary emotions • Expressing emotions to others • Developing empathy, attention Emotion wheel with the 6 primary emotions represented by pictures or photographs (joy, fear, anger, disgust, surprise, sadness). The trainer forms several sub-groups. The trainer gives each group an emotion wheel on which they can identify the primary emotions: joy, surprise, fear, anger, sadness, surprise, disgust. The trainer can invite the participants to talk about their current emotion first.



Primary and secondary emotions

Primary Emotions



Step 2 . Duration : 10 min

- Expanding perception, the language of emotions
- Social-awareness
- Self-awareness

	Then the trainer asks the participants to spin the arrow. When the arrow lands on a primary emotion, the participants should try to find more complex emotions that are linked to it. E.g.: • Joy : ecstasy, serenity, love, optimism • Anger: rage, annoyance, aggressiveness, contempt... etc. Step 3. Duration: 10 min • Expand your physical perception of emotions • Be more aware of your body. • Develop the ability to step back and analyse emotions The trainer suggests that the participants spin the wheel once again. For each of the primary emotions indicated, they must in turn describe the physical manifestations. Exchange between the participants, comparisons. <i>Adapt the online activity :</i> 1. <i>Digital wheel of emotions</i> <i>Use online tools or applications to create a virtual wheel of emotions. Participants can spin the wheel digitally and discuss the primary and secondary emotions that appear (What is Your Emotion / Spin the Wheel - Random Picker)</i> 2. <i>Virtual meeting rooms</i> <i>Use the meeting rooms on video conferencing platforms to create small groups. Each group can discuss and list emotions using shared documents or online whiteboards.</i> 3. <i>Interactive polls and surveys</i> <i>Use tools such as Mentimeter or Kahoot! for real-time polls where participants can select and vote on different emotions and their physical manifestations.</i> 4. <i>Emotion mapping tools</i> <i>Set up digital emotion mapping tools or applications that allow participants to drag and drop emotions into categories and see visual representations of them.</i> 5. <i>Online reflection</i> <i>Use a shared document or chat function for participants to describe and share their observations of how they perceive and physically feel different emotions.</i>
Method	The trainer should first explain the framework and objectives of the activity.

	He/she should allow time for reflection. He/she should encourage all the trainees to express themselves on the subject in a benevolent atmosphere. The objective is to learn to recognise the manifestations of emotions in order to provoke a step back and an analysis.
Evaluation (questions)	Debates and exchanges during the activity • Did you find it difficult to recognise emotions in the proposed medium? • Does the notion of primary emotions seem clear to you? • Do the variations of the primary emotions seem coherent to you? • Did you find it difficult to identify the physical signs of the emotions discussed? • How / to what extent will you apply what you have learned in your daily life / in your professional environment?
Links/ References	Primary Emotions vs. Secondary Emotions - Skill 7/30 How to Process Emotions



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