HerPower
Empowering Growth, Inspiring Change

EMOTIONAL Awareness

Day 1

Ice Breaker!

Musical Chairs

Introduce yourself:

- Name, age, why you are here...

Agenda

01

Warm-Up

Look & Guess

02

Plutchik's Wheel

Why Do I Feel This Way?

03

Craft Time

Fun Crafts & Games!

04

Reflection & Closing

Kind Regards

01

Warm-up

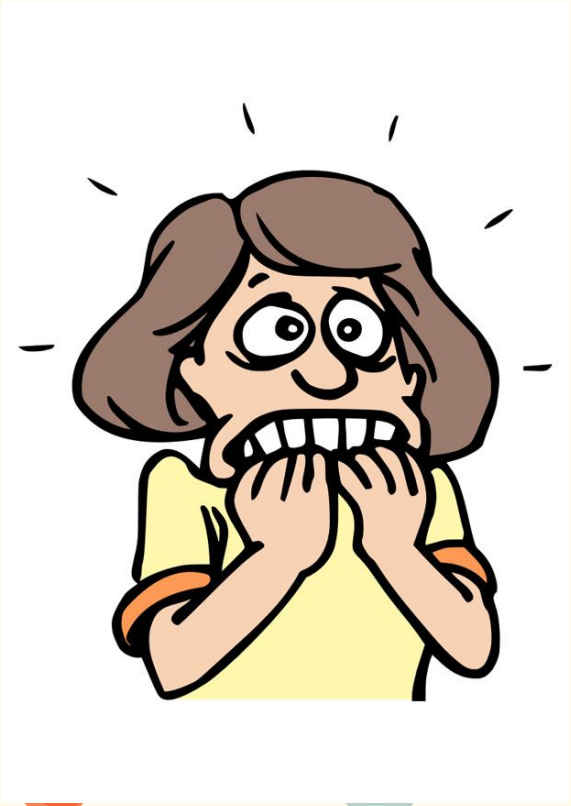
Guess what emotion it is

Angry



Surprised





Fear

Excited



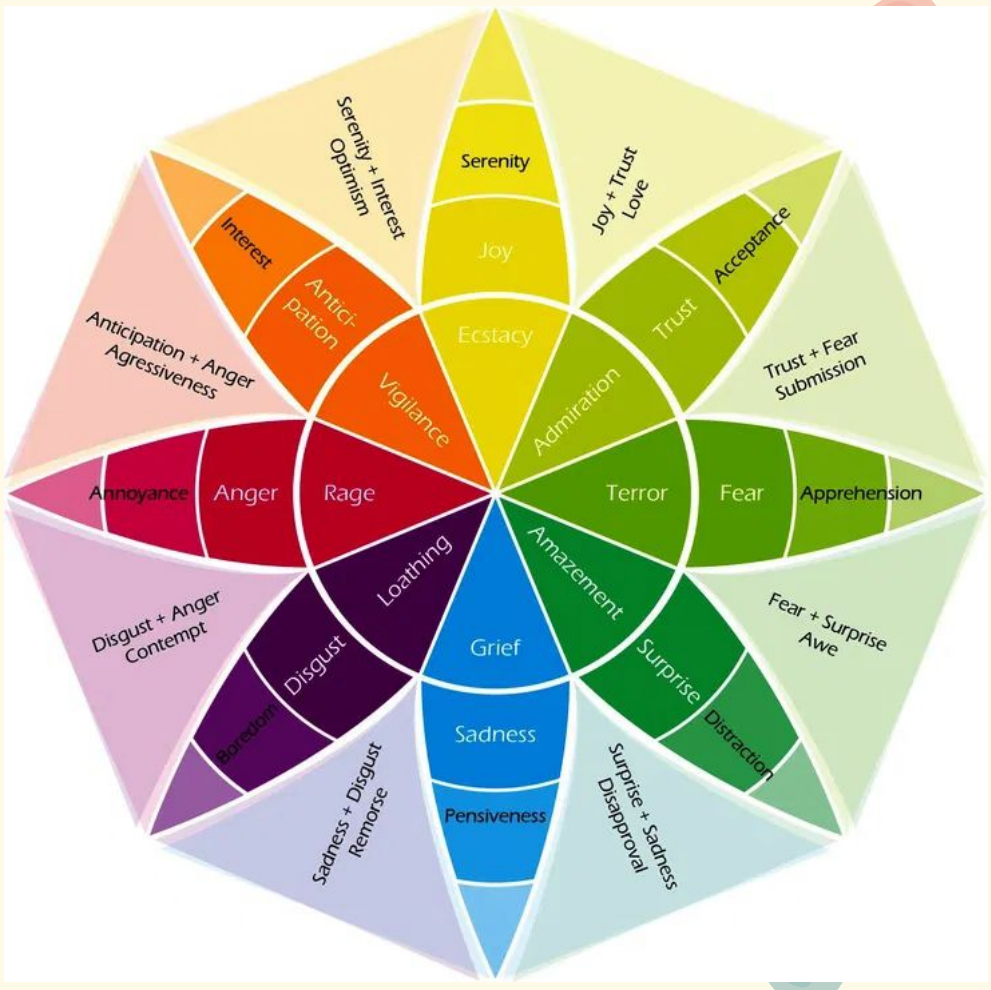
Trust



Why Do I Feel This Way?

Plutchik's Wheel

Plutchik's Wheel



Colors & Intensity

Joy is **yellow** like sunshine.

- Light Joy = **Serenity** (calm, peaceful happiness)
- Strong Joy = **Ecstasy** (overwhelming happiness and excitement)

Sadness is **blue** like rain.

- Light Sadness = **Pensiveness** (quiet reflection)
- Strong Sadness = **Grief** (deep sorrow)

Definition of Emotions

Joy is the feeling you get when you're really happy, like when you ace a test, get a gift, or see a good friend!

Trust is when you feel safe with someone. You believe they won't hurt you, and you can count on them.

Fear is when you feel scared because something seems dangerous, like a big dog barking or a scary movie!

Surprise happens when something unexpected catches you off guard, it can be good, like a surprise party, or shocking, like a pop quiz.

Sadness is when you feel down or hurt, like when you lose something important or have a bad day.

Disgust is the "eww" feeling you get when something is gross, like spoiled food or a bad smell.

Anger is when you feel mad or upset because something feels unfair or wrong.

Anticipation is when you're excited or nervous about something that's about to happen, like waiting for your birthday!



Emotions Can Mix!





Joy + Trust = Love

Fear + Surprise = Awe

Sadness + Disgust = Remorse

Anger + Disgust = Contempt

Anticipation + Joy = Optimism

Trust + Fear = Submission

Surprise + Sadness = Disappointment

Anger + Anticipation = Aggressiveness



5 mins break

5 Minute Timer

Art Time!

Emotion Mask

Design your own emotion mask! Expresses one emotion or a combination. The front shows what you usually show others, and the inside (optional) can show how you actually feel sometimes!



40 mins

Show your emotions using different colors, patterns, lines, shapes... ANYTHING!

40 min timer

03 Emotion Sculptures

Emotion Sculptures

Divide into groups of 3.

Give each group a **mixed emotion**

Without using words, the whole group must work together to act out a scene or pose that shows that feeling. (They can use their bodies, faces, levels — standing, sitting, reaching, etc.)

Other groups guess the emotion.

04 Reflection & Closing

Gallery Walk!

Food For Thoughts

Thank You!

click here for vid

Ins: herpower.canada
Email: info@herpowercanada.org