

"Navigating Emotions"

Materials: 10 paper sheets (A4) and a marker.

Objectives:

- Encourage participants to recognize, understand, and express different emotions.
- Foster empathy and perspective-taking by stepping into others' emotional experiences.
- Empower participants to explore emotional responses to real-life scenarios and experiment with different solutions.

Structure of the Activities:

1. Introduction:

Icebreaker: Energizer – „Chaos in the queen’s castle“

2. Main activity

- **Forum Theatre:** A brief introduction to Forum Theatre. It’s a safe space for exploring emotions and different solutions to emotional conflicts through acting.
- **The Scene:** Introduction of the topic—emotions—and how it impacts daily life, relationships, and communication.
- **Spect-Actor Participation:** Following the discussion, members of the audience (called “spect-actors”) comes up and replaces the characters in the scene, offering alternative emotional responses or solutions to the conflict.

This activity uses Forum Theatre to help participants explore how emotions influence their interactions and offers a safe space to practice emotional intelligence. By stepping into different roles and experimenting with emotional responses, young people can build empathy, self-awareness, and practical conflict-resolution skills.