



LESSON PLAN

Title: How to communicate through emotions

Authors:	Carla Cosco, Istituto Maria Ausiliatrice Soverato, Italy
Grades (age of students):	9th-12th grades
Materials:	Computer/ Smart phones, WIFI, projector
Duration:	30 min.
Skills:	self-criticism, interpersonal skills, self-awareness

Objectives:

- To improve emotional skills,
- to develop the identification and participation of own and other people's emotions
- to acquire an emotional vocabulary
- to develop the self - management of emotions

Lesson Procedure / Sequence / Steps / Tasks / Activities:

The lesson switch from self – observation moments, personal and collective reflection for a learning group, in which students build their own path of knowledge, through multimedia activities to reflect and structured brainstorming. The lesson will go on in a single cycle of 30 minutes.



Learning Cycle	Activity	tools/ content/materials/platforms/applications
pre-work for students	<ul style="list-style-type: none"> Students answer alone and in group questions such as: What is an emotion for you? What are your sources of stress and how do you manage them? How do you share them with others? The class reads them together and debates 	Paper and pen
prework for teacher	The teacher explains a definition of “emotion”, “stressful events”, “empathy”, “sharing of emotions”	
Emotions on social media for students	Part 1 Students look at emoticons normally used on social media and they will give first an interpretation working in small groups and then an interpretation all together.	“Which emotion is....” form
Emotions on social media with teacher	The teacher debates with students about the difference in the interpretation of emotional expression in the face-to-face relationship and on social media.	Computer and projector
Online Game	The session concludes with an online game on emotions.	Computer, smartphone and projector http://kahoot.it

Feedback/ Assessment

In the final debate, everyone could express his/her feedback about activities and in which way they can help them to live and express their emotions with themselves and in social relationships.

Questions to be asked;

1. What did you find out about yourself?
2. in which way did this activity help you to express emotions?
3. in which way did this activity help you with interpersonal relations?

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