



EXERCISES FOR STUDENTS

- Exercise: Sit down, close your eyes, and make a connection with yourself. How do you feel? (AIM: To understand that there is a physiological, emotional and cognitive state).
- Play a video of an intervention and ask students to describe the steps.
- Exercise: Make groups, try several options of the introductory part of an intervention (making rapport) and discuss the differences on both sides (intervener and intervene).
- Exercise on active listening: Try to catch the emotions behind the words and triggers of emotions. Example: A person is yelling, being rude, vulgar. The emotion is anger.
- Work for students/Preparation: Ask students to prepare a short education material on different stress reactions and coping mechanisms
- Exercise: Reformulate given information (This area is not safe, you will be transported into a hotel, where further support will be provided) according to different ages of a person (kindergarten child, child at primary school, adolescent, elderly person, a deaf person).