

Toolkit 1 - Learning Unit 7

Post-intervention

Activity 2

Learning to learn: capitalize on your learning, understanding and profiting from experience



Exercise

Emotions: understanding and working with emotions in a crisis situation

2. Do you understand your own and other people's emotions in a crisis situation?



Activity 2

Please pick up your phone, open any tab on your phone and view the option to insert emoticons. Describe 5 emoticons that you think express the emotions that others experience in a crisis situation and 5 emoticons that express your usual emotions in a crisis situation and match them with a specific situation.

Please follow these three steps:

1. Draw the emoticon;
2. Write down the emotion you think it shows in others/yourself;
3. Write down in which phase of the crisis situation you usually experience the emotion in others/yourself.