

Emotions as prisms



OBJECTIVES:

- Understanding the relationship between primary emotions and community work.
- To understand the evolutionary importance of emotions in our social life.
- To look at biological and cultural aspects of emotional response.
- Experience how the diversity of emotional experiences can contribute to group understanding and problem solving.



AXES:

Collective emotional intelligence



STEP BY STEP OF THE ACTIVITY

»» Introduction to the activity (10 minutes):

Welcome the group and invite each person to introduce themselves and make a small gesture in response to the question “How am I today?” (e.g. I am Claudia, gesture of surprise and expectation). Briefly introduce the topic of resilience by mentioning that we will focus on one of the axes of collective resilience: collective emotional intelligence (or emotional management). (You can work through the following steps using the guide in the digital tools section).

»» 1st part of the activity (15 minutes): Universal emotions

Introduce the concept of primary emotions. Ask the group to represent the primary emotions with the body (facial gestures and posture). Based on the image they will observe: how does this emotion manifest itself? And create a list of characteristics.

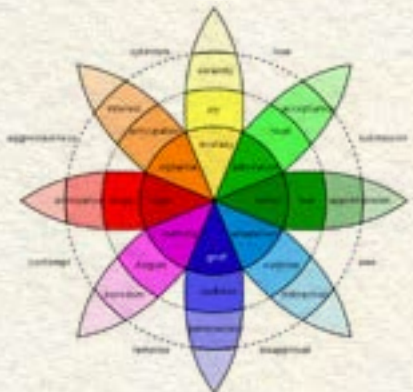
Ask: What role might this emotion have played in the evolutionary history of human beings?

»» 2nd part of the activity: Emotions range and expression

Secondary emotions: Briefly present the characteristics of secondary emotions.

- *Do you think that secondary emotions manifest themselves in the same way in different cultures, families, groups?*
- *What impact might these differences have (on how to express, value, allow, or silence) emotions?*

Show Plutchik's wheel, where primary emotions -with a gradation of intensity- and some secondary emotions, are shown.



»» 3rd part of the activity: Group of experts: Emotions as prisms for thought (30 minutes)

Each person in the group will choose an emotion from Plutchik's wheel. Explain to the group that they will work in breakout rooms (in Zoom or Meet) organised in small groups of 5-6 people. Each team will receive the assignment in writing via chat, and the facilitator will visit each room to clarify doubts and answer questions.

Each group will be assigned a situation or problem to analyse. Examples of cases: "There are drugs being sold at the school gate" or "We are going to prepare a party and families don't participate".

Within each group, everyone (except one person who will take on the role of Secretary) should analyse the situation from the point of view of their chosen emotion and share their point of view.

Examples: (emotion: *boredom*) "I'm fed up with Carlos. He has a hostile attitude and makes the group imitate him." (Interest) "How curious! He was a very participative child in primary school... what could be going on? Do we know anything about his siblings?" or (emotion: *remorse*) "I should have been more attentive; I know that the father left home, and the mother works in another county..."

Instructions: Each perspective will be listened to and respected. The secretary will take notes of each person's contributions.

»» Closing of the activity:

Gather all groups in the main room.

Questions to the group:

- What happens to us in common situations when faced with a shared problem, someone faces the situation with a very different emotion/attitude from our own?
- Does emotional diversity contribute to understanding and acting as a group?

»» Conclusion:

The facilitators will write down the reflections and comments shared by the group on a digital whiteboard.



METHODOLOGY:

Positive psychology, theatrical games

PREPARATION:

Review information regarding primary emotions, their evolutionary importance and the most named secondary emotions in one's own culture.



TIPS FOR THE PERSON DOING IT

According to the profile of the group, depth can be given to theoretical aspects of emotions, music, empathy, etc. (see powerpoint).

Once divided into subgroups, facilitators should move from room to room to resolve questions. Ensure that at least one person per subgroup is relatively in control of the tools to be used.



DIGITAL TOOLS INVOLVED :

Powerpoint file:
[Link presentación](#)

PLATFORM USED :

Meet/zoom/Jitsi



DURATION:

90 minutes



THEORETICAL FRAMEWORK

Scheff, T. J. (1983). Toward Integration in the Social Psychology of Emotions. *Annual Review of Sociology*, 9, 333-354.

What Are The Primary Emotions? at

<https://lamenteesmaravillosa.com/cuales-son-las-emociones-primarias/>