

TITLE: EMOTIONAL ICONS:**Explanation:**

Emotional icons allow you to check the emotions of the individuals within the group. The icons can be used at various points in a training – to check how everyone is feeling, understand the general feeling of the entire group and get a read on individuals who may need to be managed individually.

Method No. 1 is suitable for a small group whereas method No. 2 is better for larger groups.

Preparation needed:

- Print off icons that clearly communicate emotions that would typically be expressed by participants.
- 8-10 versions of each emotion that you wish to use. These can be laminated for future use.
- Create a timeline on a wall or mirror which reflects key stages in the training; this can also be a large printed agenda.
- Icon examples are given below.



Happy Sad Confused Excited Bored Frustrated Surprised Delighted

Method No. 1:

- Introduce the technique; we are going to carry out a quick sense check: how are you feeling at the moment?
- Ask each of the participants to pick an icon which best represents their emotions at that point in time.
- Ask them to stick/place the icon on the point in the timeline or agenda that you have placed on a wall or mirror that matches the question you have asked. This will allow

you to see what is exciting the group, who is confused and if you have lost the group entirely.

- Review and address the content or activities that are bringing out unfavourable emotions, with the information you have gathered.

Method No. 2:

- Place the emotions up on the timeline stages or agenda.
- Introduce the technique; we are going to carry out a quick sense check: how are you feeling at the moment?
- Ask each of the participants to initial or apply a sticker beside the icon that best represents their emotions at that point in time. This will allow you to see what is exciting the group, who is confused and if you have lost the group entirely.
- Review and address the content or activities, with the information you have gathered.