

INTRODUCING MAPPING EMOTIONS EXERCISES

★ We're here to help you feel inspired and ready! ★

The following exercises are designed to spark your creativity and get you prepared for the "Day Reconstruction Diary."

Be BOLD.

be EXPRESSIVE.

CK
...and don't hold back -- this is your space to explore your thoughts and feelings freely. Remember, there are no "right" answers here, just opportunities to dive into your unique perspective.

Again, this is your private diary that you do not need to share with us.

Today's Mapping Emotions Exercises should take about **20** minutes to complete.

OKAY, LET'S GET STARTED!

DAY 2

PG. 14

HOW WAS
YOUR DAY?



Can you recall any good moments that happened recently, or even today? What happened? How did it unfold? What kinds of **EMOTIONS** did you feel? How did you react?



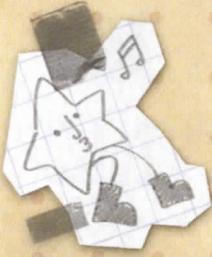
EMOTION is a subjective, involuntary response to an event, expressed through physical and mental reactions (like behaviors or reflections). It aids communication and is partly within our control.

Reflect upon a particular moment involving technologies that had a noticeable, positive effect for you. Feel free to jot down some simple drawings or descriptions of the moment.

When I watched the videos on my dad's phone of my a cappella performance

DAY 2

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CAPTURING THE MOMENT

Please reflect on your experience from the previous exercise in step-by-step detail, using several **positive emotions** from the word bank below.

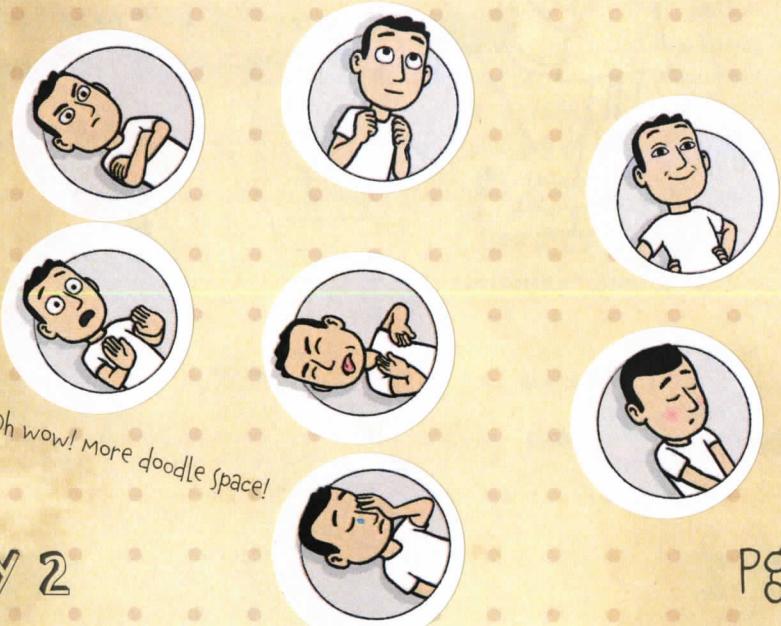
If none of the provided words feel right, feel free to use your own to best capture your experience.

Lust	Euphoria	Hope	Respect
Desire	Dreaminess	Relief	
Worship	Surprise	Anticipation	Kindness
Admiration			
Love	Energized	Inspiration	Relaxation
Amusement	joy	Enchantment	Sympathy
Courage	Fascination	Confidence	Pride
			Satisfaction

First... I received a text message on my phone from my dad and was filled with hope.

Then... I opened the text to happily find the video of my performance. I opened it and pressed play with much excitement.

Finally... After I was done watching, I felt satisfied, pride, and joy.



Oh wow! More doodle space!

Positive Moments of Life

INSPIRED

can you think of a situation that made you feel '**INSPIRED**'?
What happened? What did you do?
How did you respond? What was in your mind? How did you express your feelings?



INSPIRED

To experience a sudden feeling of creative impulse.

I felt inspired when... I had to arrange for my acapella group. I ~~had~~ had to come up with a mashup and heard a version I liked and was immediately inspired

Positive Moments of Life

CONFIDENT

can you think of a situation that made you feel '**CONFIDENT**'?
What happened? What did you do?
How did you respond? What was in your mind? How did you express your feelings?



CONFIDENT

To experience faith in yourself or your abilities to accomplish something.

I felt confident when...

I sang in my acapella show this weekend. I sang Crazy, by Gnarls Barkley and was really confident while performing

Positive Moments of Life **SYMPATHETIC**

can you think of a situation that made you feel '**SYMPATHETIC**'?
What happened? What did you do?
How did you respond? What was in your mind? How did you express your feelings?



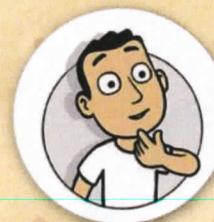
SYMPATHETIC

To experience an urge to connect with someone's misfortune or distress.

I felt sympathetic when... my mom came to visit and she was cleaning even though her shoulder was bothering her



SAY IT WITH
STICKERS!



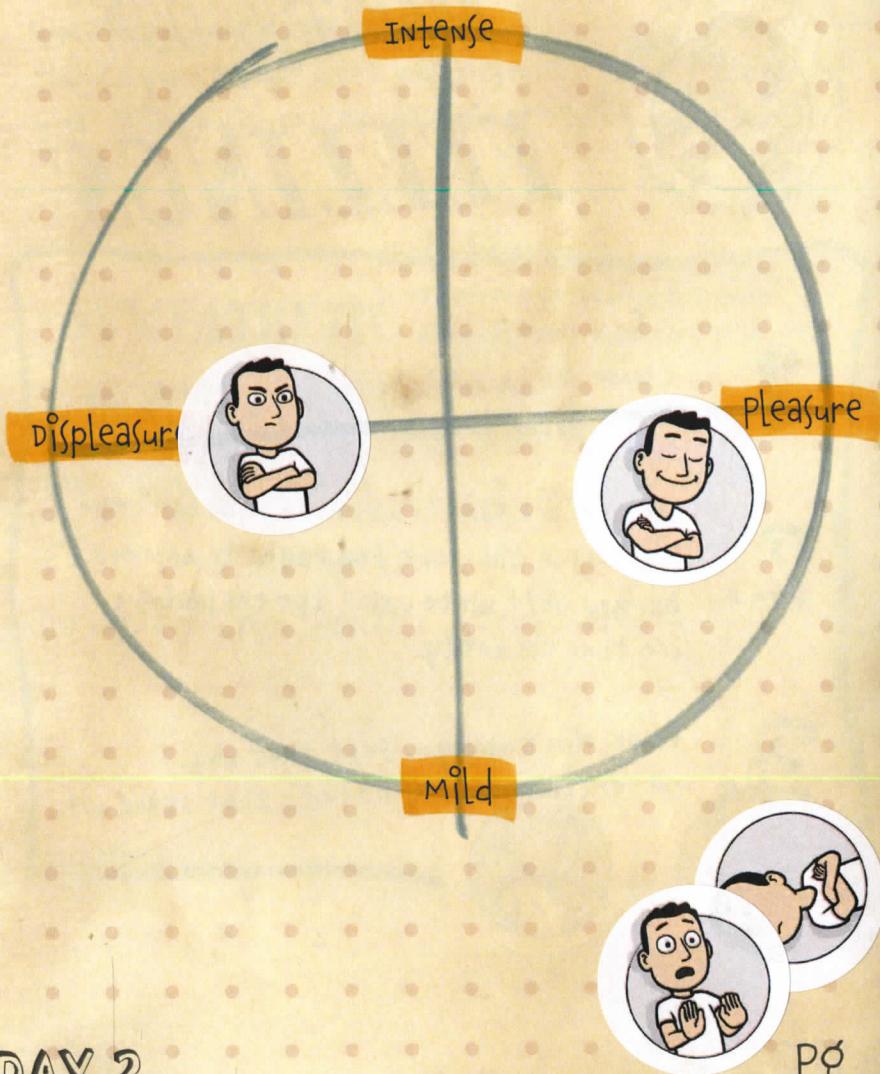
MAPPING OUR **FEELINGS**

1. Choose **one technology** you frequently use (e.g., laptop, headphones, streaming service).
2. Use the **provided stickers** (included in the packet) on the next few pages to express how you felt while using the technology one time recently.
3. Think about why you felt that way, and reflect upon any **details** that stand out.

Frequently used technology

phone

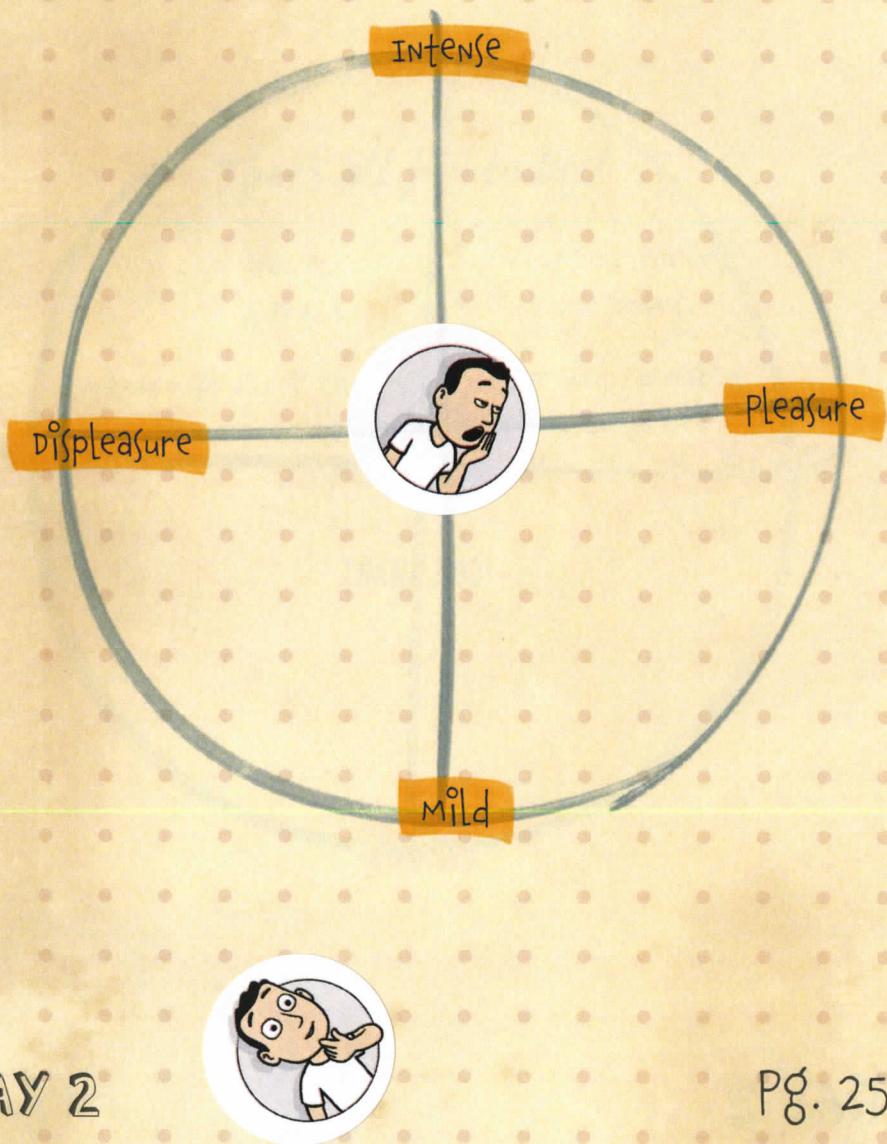
What did it feel like to use it?
(Place a couple of stickers on the circle below)



Frequently used technology

laptop

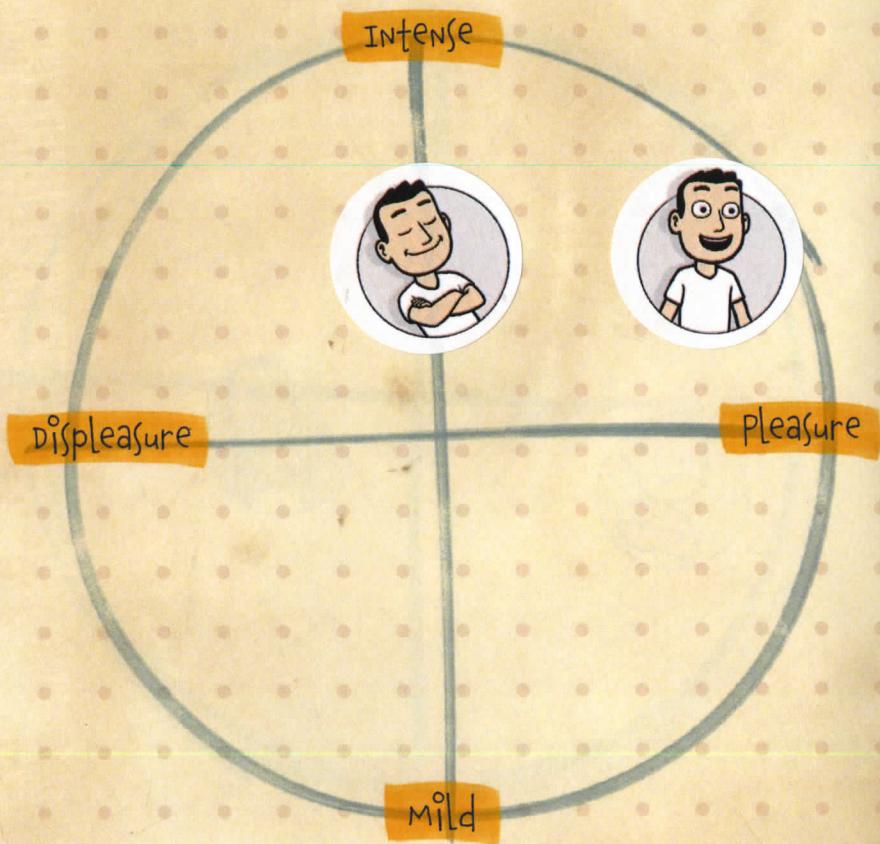
What did it feel like to use it?
(Place a couple of stickers on the circle below)



Frequently used technology

TV

What did it feel like to use it?
(Place a couple of stickers on the circle below)



That's all for today!

Going forward, there will be an online survey
for each day, but there isn't one today.

Please go about the rest of your day normally,
and tomorrow set aside 1 hour to complete
Day 3's SURVEY.

THANK YOU!

Because many people find it difficult to remember what exactly they did and experienced, we will do this in 3 steps:

1. First, we will ask you what day of the week yesterday was, as well as when you woke up and when you went to sleep ~~yesterday~~.

2. We'd like you to reconstruct what your day was like, as if you were writing in your diary. Where were you? What did you do and experience? How did you feel? Answering the questions on the next page will help you to reconstruct your day.

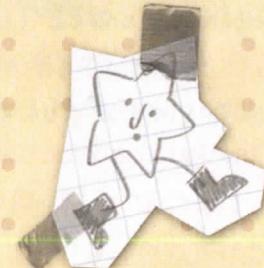
3. After you have finished reconstructing your day in your diary, we will ask you specific questions about this time (these questions are in today's online survey which you can access by QR code or URL a few pages down). In answering these questions, we'd like you to consult ~~your~~ your diary page and the notes you made to remind you of what you did and how you felt.

DAY 3

Please do not start the online survey until you complete today's diary pages.

To begin, please circle the day of the week that **YESTERDAY** was:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



Diary Pages

About what time did you wake up yesterday? 9:40 am

And when did you go to sleep? 1:30 am

On page 40, please describe moments of your day when you used technologies to boost your mood.

Think of your day as ~~a~~ continuous series of scenes or episodes in a film. Give each episode a brief name that will help you remember it (for example, "commuting to work", or "at lunch with B", where B is a person or a group of people).

Write down the approximate times at which each episode began and ended. The episodes people identify usually last between 15 minutes and 2 hours.

Indications of the end of an episode might be going to a different location, ending one activity and starting another, or a change in the ~~the~~ people you are interacting with.

There is **1** page for the following parts of the day:

MORNING (from waking up until noon)

AFTERNOON (from noon to 6:00 pm)

EVENING (from 6:00 pm until you went to bed)

There is room to list **3** episodes for each part of the day -- use the breakdown of your day that makes the most sense to you and best captures what you did and how you felt when interacting with TECHNOLOGIES THAT BOOSTED YOUR POSITIVE EMOTIONS.

Try to recall each episode in detail and write a few words that will remind you of exactly what was going on. Also, try to remember how you felt, and what your mood was like during each episode. What you write only needs to make sense to you to help you remember what happened when you are answering the ~~the~~ questions in today's online survey.



proceed to next page >>>

NOTES TO YOURSELF

(WHAT HAPPENED? WHAT DID YOU FEEL?)

EPISODE NAME	TIME IT BEGAN	TIME IT ENDED	TECHNOLOGY USED (HARDWARE/ SOFTWARE)
EX Looking at Photos	11:30 AM	11:50 AM	Phone, photos app
1M studying for exam	10:00AM	11:30 am	Laptop
2M went to test my exam	11:30 am	11:45 am	pen/paper computer
3M took the exam	11:45a	1:05p	pen/paper
1A went to my second class	1:05p	2:40p	laptop/ phone
2A left class to go home	2:40p	3:00p	phone
3A worked on my paper	3:00p	5:45	laptop
1E went to acapella rehearsal	5:45p	7:30p	phone/lip
2E went home + made dinner	7:40p	8:15p	stove
3E went to movie night	8:15p	1:30a	TV

DAY 3

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★ Please look over your diary once more. ★

Are there any other episodes that you'd like to revise or add more notes to?

Is there an episode that you would want to break up into two parts?

If so, please go back and make ~~to~~ necessary adjustments on your diary pages.

If not, you may go on to today's online survey.

QR CODE To
DAY 3 SURVEY



45
minutes

<https://tinyurl.com/DRM-PACKET-C1>

DAY 3

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Up Next >>>

DIARY PAGES

DAY 5

Pg. 56

* Please do not start the online survey
until you complete today's diary pages. *

To begin, please circle the day of
the week that YESTERDAY was:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



DAY 5

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Diary Pages

About what time did you wake up yesterday? 8:30 am

And when did you go to sleep? 1:30 pm

There is **1** page for the following parts of the day:

MORNING (from waking up until noon)

AFTERNOON (from noon to 6:00 pm)

EVENING (from 6:00 pm until you went to bed)

There is room to list **3** episodes for each part of the day -- use the breakdown of your day that makes the most sense to you and best captures what you did and how you felt when interacting with TECHNOLOGIES THAT BOOSTED YOUR POSITIVE EMOTIONS.

Try to remember each episode in detail and write a few words that will remind you of exactly what was going on. Also, try to remember how you felt, and what your mood was like during each episode. What you write only needs to make sense to you, and to help you remember what happened when you are answering the ~~the~~ questions in today's online survey.

proceed to next page >>>

DAY 5

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EPISODE NAME	TIME IT BEGAN	TIME IT ENDED	TECHNOLOGY USED (HARDWARE/ SOFTWARE)	NOTES TO YOURSELF (WHAT HAPPENED? WHAT DID YOU FEEL?)
1M Woke up/sat in bed	8:30a	9:15a	Phone	Was on my phone, surfing
2M called my friend	9:15a	10:00a	Phone	recapped previous night
3M Took a shower	10:10a	10:30a	Shower, phone	listened to music
1A Waited for friend to arrive	10:30a	11:00a	TV, phone	music, sunned, tried to track her
2A Hung out w/ friend	11:00a	3:00p	TV, phone	chatted, watched a show, scrolled
3A Sent out a cappella info	3:00p	4:00p	computer	had to set up a spreadsheet + send an email
4E Took a nap	4:00p	6:00p	N/A	
5E Went to mall to get lobster	6:00p	6:30p	phone	Was super happy - favorite food
6E Watched TV	7:00p	10:00p	TV	Watched the Kardashians
DAY 5				Pg. 59

Up Next >>>

DIARY PAGES

DAY 7

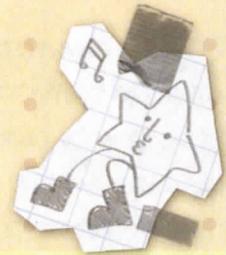
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DAY 7

Please do not start the online survey
until you complete today's diary pages. ☆

To begin, please circle the day of
the week that **YESTERDAY** was:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



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Diary Pages

About what time did you wake up yesterday? 9:30a

And when did you go to sleep? 12:30a

There is **1** page for the following parts of the day:

MORNING (from waking up until noon)

AFTERNOON (from noon to 6:00 pm)

EVENING (from 6:00 pm until you went to bed)

There is room to list **3** episodes for each part of the day -- use the breakdown of your day that makes the most sense to you and best captures what you did and how you felt when interacting with TECHNOLOGIES THAT BOOSTED YOUR POSITIVE EMOTIONS.

Try to remember each episode in detail and write a few words that will remind you of exactly what was going on. Also, try to remember how you felt, and what your mood was like during each episode. What you write only needs to make sense to you, and to help you remember what happened when you are answering the ~~the~~ questions in today's online survey.

proceed to next page >>>

EPISODE NAME	TIME IT BEGAN	TIME IT ENDED	TECHNOLOGY USED (HARDWARE/SOFTWARE)	NOTES TO YOURSELF (WHAT HAPPENED? WHAT DID YOU FEEL?)	
				1	2
1M Woke up and called my friend	9:30a	10:00a	phone	felt happy	
2M went to dunkin' w/ friend	10:00a	10:30a	phone/car	at ease, relaxed	
3M arrived at class	11:00a	11:10a	computer	Stressed	
1A gave a mini presentation	12:30p	12:35p	computer	relieved	
2A went to big red barn	1:00p	3:00p	phone	chilly, content	
3A went to 2nd class	3:35p	4:25p	computer	bored,	
Stayed on campus for rehearsal	4:45p	5:30p	phone	excited, different	
went home, ate dinner	5:40p	6:15p	TV/car	relaxed	
watched a show w/ friends	6:30p	11:30p	TV	happy, content	