

Step 1:

Read the following question and answers. Choose one answer that best reflects how you would feel.

Question: What would make me feel most guilty?

- a. Taking credit for something someone else did.
- b. Participating in gossip about a colleague.
- c. Telling a lie to someone I love or respect.
- d. Not speaking up to support a colleague's good idea.

WHAT DO YOU THINK?

Step 2:

- a. Read the question and answers out loud to the group and state which answer you chose.
- b. Explain the “why” behind your choice for no more than 1 minute.

Step 3:

Ask the group:

Based on my explanation, what do I value? What motivates me? What did I say that helped you understand that?

Step 1:

Read the following question and answers. Choose one answer that's true for you.

Question: What emotion is the hardest for me to express?

- a. Joy
- b. Anger
- c. Sadness
- d. Confidence

WHAT DO YOU THINK?

Step 2:

- a. Read the question and answers out loud to the group and state which answer you chose.
- b. Explain the “why” behind your choice for no more than 1 minute.

Step 3:

Ask the group:

Based on my explanation, what do I value? What motivates me? What did I say that helped you understand that?

Step 1:

Read the following question and answers. Choose one answer that best reflects how you would feel.

Question: What would be most embarrassing to me?

- a. Public speaking.
- b. Missing a deadline at work.
- c. Receiving negative feedback on my work.
- d. Tripping and falling in public.

WHAT DO YOU THINK?

Step 2:

- a. Read the question and answers out loud to the group and state which answer you chose.
- b. Explain the “why” behind your choice for no more than 1 minute.

Step 3:

Ask the group:

Based on my explanation, what do I value? What motivates me? What did I say that helped you understand that?

Step 1:

Read the following question and answers. Choose one answer that best reflects what you would do.

Question: When I'm upset or stressed, what am I most likely to do?

- a. Eat food.
- b. Talk to a friend.
- c. Exercise.
- d. Something else (explain).

WHAT DO YOU THINK?

Step 2:

- a. Read the question and answers out loud to the group and state which answer you chose.
- b. Explain the “why” behind your choice for no more than 1 minute.

Step 3:

Ask the group:

Based on my explanation, what do I value? What motivates me? What did I say that helped you understand that?

Step 1:

Read the following question and answers. Choose one answer that best reflects what you would do.

Question: If I had time in my schedule to help others, what would I do?

- a. Lead a fundraiser.
- b. Prepare for and run a 10K to support cancer research.
- c. Help prepare and serve food at a shelter.
- d. Teach children to read.

WHAT DO YOU THINK?

Step 2:

- a. Read the question and answers out loud to the group and state which answer you chose.
- b. Explain the “why” behind your choice for no more than 1 minute.

Step 3:

Ask the group:

Based on my explanation, what do I value? What motivates me? What did I say that helped you understand that?

Step 1:

Choose *one* emotion from the list below:

- a. Confused
- b. Excited
- c. Angry

ACT IT OUT

Step 2:

Read the following sentence out loud with the emotion you chose in Step 1:

“Some big event is happening in my neighborhood.”

Step 3:

- a. Ask the group: “Which emotion am I portraying?”
- b. Ask the group: “What clues led you to think that?”

Step 1:

Read through the list of actions.
Choose one that annoys you most.

- a. Drum or tap your fingers on the table.
- b. Sniff.
- c. Bite your nails.
- d. Chew gum.

ACT IT OUT

Step 2:

Tell the group: “I’m going to act out four actions. You’ve got to identify which one annoys me most.”

Act out the four actions, one after the other.

Step 3:

- a. Ask the group: “Which action do I find most annoying?”
- b. Ask the group: “What clues led you to think that?”

Step 1:

Choose one of the following situations. You will act out how you would feel or react using only facial expressions and/or body language.

- a. My best friend is getting a divorce.
- b. I just received a complaint from a customer.
- c. I'm late for work.
- d. I've got a really bad headache.

ACT IT OUT

Step 2:

Tell the group: “I’m going to act out my response to one of these four situations. You have to guess the situation I chose.”

Read the four situations, then act out your response to the one you chose.

Step 3:

- a. Ask the group: “Which situation did I choose?”
- b. Ask the group: “What clues led you to think that?”

Step 1:

Choose one of the emotions below to act out to the group. You'll need to show the emotion without using words.

- a. Sad
- b. Annoyed
- c. Embarrassed
- d. Excited

ACT IT OUT

Step 2:

Tell the group: “I’m going to read four emotions, then act one of them out. You have to guess which one.”

Read out the four emotions, then act out one using nonverbal cues only.

Step 3:

- a. Ask the group: “Which emotion am I portraying?”
- b. Ask the group: “What clues led you to think that?”

Step 1:

Choose one message from the list below to act out to your group without using words.

- a. I'm impressed.
- b. You're getting on my nerves.
- c. You've offended me.
- d. I want your advice.

ACT IT OUT

Step 2:

Tell the group: “I’m going to read four messages, then act one out. You have to guess which one I’m acting out.”

Read out the four messages and act out your chosen message without using words.

Step 3:

- a. Ask the group: “Which message am I portraying?”
- b. Ask the group: “What clues led you to think that?”