

Activity	Topic to be used with	Explanation	Resources Required	Estimated Completion Time	Debrief
Labelling Emotions	Introduction to EI	Ask Participants to identify an emotion in their mind. Ask participants to recollect and share with the class one by one when they experienced this emotion in the recent past - what or who triggered the emotion what were the consequences etc	Nil	20 Mins depending on the number of participants	Participants think about emotions in depth and understand that not all emotions are easy to identify
Labelling Emotions	Identifying our personal Triggers - Emotions and the colour wheel	Ask Participants to identify an emotion in their mind. Ask participants to write down on a sheet when they experienced this emotion in the recent past - what or who triggered the emotion what were the consequences etc	Paper, Pens		Participants think about emotions in depth and understand the triggers and their own reactions to the situation. They also reflect on the consequences of their actions/reactions.
Identify mood/feeling/emotion	Introduction to EI	This is a pair activity where participants are given a sheet with some situations written on them. Working in pairs they identify if the given situation reflects a mood, feeling or an emotion	Sheet with situations printed	10 Mins	Explanation on the differences, examples of each to be discussed
Break Point Activity	EI - Personal Competency 2 - Managing One's Emotions	This is an individual activity where a person identifies on the given color wheel for anger, disappointment, frustration their own break points. They then have to collate this to situations when the break happened. This will help participants understand how and what triggers their break points - a good starting point to manage emotions	Printed Color wheels for negative and positive emotions	15 Mins	This is an ideal activity to help bring out interpersonal differences in emotion management
Am I motivated?	EI - Personal Competency 3 - Motivation	A Pair Activity where pairs are given situations printed on slips - for each situation they have to identify if the person exhibiting a certain behavior was motivated. They then have to place themselves in the situation and guess what their reaction/action/attitude/behavior would be.	Situation Slips printed and tied together	15 Mins	Answers questions like what our motivators are, do we do enough to motivate ourselves and the people around us, if yes - how, if no - how can we stay motivated?
Break Point Activity	EI - Social Competency 2 - Managing Relationships	This is an individual activity where a person identifies on the given color wheel for anger, disappointment, frustration the break points of people they have difficulties in getting along with. They then have to collate this to situations when the break happened. This will help participants understand how and what triggers their break points - a good starting point to manage emotions of others and the relationships at the workplace	Printed Color wheels for negative and positive emotions	15 Mins	A great way to understand what triggers strong emotional outbursts in people we work with - specially the ones we find difficult to get along with
Let's Empathise	EI - Social Competency 1 - Empathy	A pair activity that helps participants understand how to empathise. Facilitator asks for a volunteer who will essay the role of his manager at the workplace - facilitator to share a personal challenge and see how the participant picks the dominant emotion and shows empathy. Facilitator can try this with a tough challenge and with another participant for a positive emotion he may be expressing	Facilitator to have situations ready for use with participants	20 Mins	Demonstrate how to pick the dominant emotion, echo it back to the participant and then show understanding - I see that you are really upset, what happened? OR I see that you are thrilled - what's the good news??
Identify the Personality Type (Psychodrama)	Social Competency - Managing Relationships	Pair up Participants - To one of each pair hand out slips if statements they will have to read out aloud - the other person in the pair will have to guess the personality type and respond accordingly. The remaining participants can stop the pair and step in if they feel they are going wrong and can respond as they think is right	Statement Slips	20 Mins	A very interesting theater technique to get participants involved and to guess the personality type - this helps draw out a discussion on participants' perception of Type a and type b personalities at their workplace