

Building their Tomorrows, Today! Sirocco! Comenius Project

TITLE	Ball of emotions
NUMBER OF PARTICIPANTS	One class of students, including students suffering from Fetal alcohol syndrome
OBJECTIVES	
<ul style="list-style-type: none"> • Include children / adolescents suffering from Fetal alcohol syndrome • Promote the autonomy; • Recognize and express different emotions; • Promote active participation; • Diversify ways of using and feeling the body; • Interact with other children / individuals in activities; • Be able to act out / perform in different ways 	
COMPETENCES	Enhancing relational and interpersonal skills in the individuals, namely the identification of emotions.
Material needed	Balls representing emotions; a box to keep the balls after the activity; cards with questions about moods and feelings (see annexes).
DESCRIPTION	Children are seated in a circle; in a box there are several balls that represent through by means of a picture/drawing, emotions (joy, anger, sadness, etc). The responsible for the activity holds multiple cards with questions on feelings, moods, etc., giving the child to choose one from the set. After choosing the question, the child / individual matches it with the ball representing the respective feeling/ emotion and gives it to a colleague; this colleague, in turn, has to mimic that emotion. For example: "When you see your mother how do you feel?" If he feels happy, grabs the ball that matches that feeling, passes it to his colleague and he represents the emotion, dramatizing it.
NUMBER OF SESSIONS	1 session / 1 hour

Annexes:

Balls representing emotions / feelins



Cards expressing emotions



Box to keep the balls

