

Title: Scout Signals Graffiti Wall

Section : All Place : Indoors Duration : 30 mins Participants : 6 to 15	
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SPCIES – Learning Objectives

Emotional – Know that is OK to talk to people I trust about how I feel

Social – Explore how people communicate

Intellectual – Be an active participant in a small group

Summary

- This exercise examines feelings and emotions and how young people can sometimes share the same experience and yet feel differently about it.
- It explores the importance of expressing their feelings and who they can discuss them with.

Activity Objectives • Explore causes for feeling various emotions • Discuss other ways that we communicate besides talking (hands, body, facial expressions etc) • Explore the importance of communicating and listening • Be comfortable in expressing myself with my friends • Identify people I can trust in my life	Materials • Flipchart / white board • Markers
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Description

- Write phrases such as:- I feel angry when..... I feel Happy when I feel sad when
- Come up with a list of about 10 phrases, you can also ask the youth members to add others
- Give all youth members an opportunity to say what makes them angry, happy etc and ask if everyone feels the same way about these things.
- Give the youth members some scenarios (some ideas below) and ask they how they would feel about them. The questions and answers can be deeper depending on the age group.
- Ask what they should do in each case and who they would tell
- Finish by summarising that sometimes they can feel differently about the same thing.
- Emphasise how important it is to communicate with others and to seek help, when necessary, from a trusted adult

Tweaks

- Use emojis for youth members to express how they feel about the statements.
- Ask youth members to show how they feel by changing their face or body language
- You could also use post its for older members and let them place these on the flipchart at the appropriate points.

Review

- How did you feel expressing your emotions
- Was the exercise fun to do
- What would make it more interesting, what other ways could you use to express your feelings
- Deal with any issues that may have arisen

Notes

Possible Scenarios

- Someone is being shouted at by an adult – tell another adult they trust
- Someone is being hit by another child – stop it or tell an adult about it immediately
- Someone is crying at the back of the room – ask them why they are crying and tell them to talk to an adult, or you tell
- Someone is very happy and laughing - be happy for them and join in
- Someone is hurt and bleeding – get help from an adult or someone with first aid training
- Someone is not joining in the games – ask they why they are not taking part and try to include them