



GREEK MINISTRY OF EDUCATION
AND RELIGIOUS AFFAIRS
REGIONAL DIRECTORATE OF PRIMARY
AND SECONDARY EDUCATION
OF WESTERN MACEDONIA



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In my hand



HEALTH, OPENNESS,
AND PROSPERITY
EDUCATION FOR SCHOOLS

HOPE4schools

Health, openness, and prosperity education for schools

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In my hand

Class size: 20-25

Age: 10-15

Activity duration: ~20 minutes

Overview and objectives:

This activity wants to give the opportunity to bring out the negative aspects of the life of the pupils. Tiredness and fatigue, combined with commitments and responsibilities, give rise to a combination that is harmful to our health. It seems that stress has become very common, while it does not seem to be the same for health and tranquility.

The main objectives of this activity are:

- Students to learn the importance of self-awareness/empathy for others;
- Students to increase the ability to communicate effectively in interpersonal relationships;
- Students to knowing how to manage stress and emotions.

Materials needed:

1. Paper
2. Colors
3. Pen
4. Adhesive tape
5. Bin

Preparation:

The pupils have to sit in a circle and the teacher has to create a peaceful environment, with background music.



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Tips and comments:

The teacher also has to do the exercise. She/he will have two roles, both as facilitator and participant. It's important to understand when to mediate with some students that can be shy in expressing own emotions or explanations related to that emotions.

Step by step instructions:

1. The class is arranged in a circle
2. Each pupil covers the fingers of one hand with paper and writes on:

in the pinkie "effort"

in the ring finger "sadness"

in the middle "anger"

in the finger index "fear"

in the thumb "worry"

One by one each student expresses what is for him/her to experience each specific emotion and they'll propose a way on how to deal with this negative emotions.

At the end every paper of the finger will be put in a bin, symbolizing the act of throwing away the negative feelings.

Evaluation and reflection:

At the end of the activity, the following questions will be used to evaluate the activity:

- How did you feel by expressing your emotions to your peers?
- How was to listen to others experience?
- What did you learn from the experience of the others?



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