Session 8 — FACILITATOR CUE CARD

Emotional Awareness: Expressing Emotions Safely

Movement & Music | Project nr. 2025-2-NL02-KA210-YOU-000368916

MAIN OBJECTIVE	Recognise emotions through body awareness and express them safely using movement and music.
TARGET GROUP	Young people (14–30); adaptable for diverse groups.
TOTAL DURATION	90 minutes
MATERIALS	Open movement space; speaker; instrumental music with different tempos; chairs; optional scarves and emotion cards.

TIME	ACTIVITY & TITLE	PURPOSE	INSTRUCTIONS (KEY STEPS)	FACILITATOR PROMPTS
10 min	8.1 Emotional Weather Body Check-in	Notice current emotions and body signals.	1. Walk or move at a comfortable pace. 2. Notice breath, posture and energy. 3. Imagine your emotion as weather. 4. Express it with a small gesture; passing is welcome.	What is your emotional weather today? Where do you feel it?
15 min	8.2 Walking with Emotions Movement Exploration	Explore how emotions affect rhythm and posture.	1. Walk to gentle instrumental music. 2. Explore joy, sadness, frustration, fear or calm through movement. 3. Return to your own pace between emotions. 4. Notice which movements feel comfortable or too intense.	How did your body change? How can you return to a safe rhythm?
20 min	8.3 My Emotion, My Movement Personal Expression	Give an emotion a movement and adapt it to personal needs.	1. Choose a manageable emotion, real or imagined. 2. Find a gesture that represents it. 3. Explore its speed, size and rhythm with music. 4. Ask what the feeling needs; modify the movement accordingly.	What does this emotion need? How can you express it without hurting yourself or others?
15 min	8.4 Mirroring Emotions Partner Attunement	Practise being seen while respecting boundaries.	1. In pairs, A leads a simple movement; B mirrors. 2. Swap roles. 3. Create a shared movement without a fixed leader. 4. No touch or eye contact is required; participants may observe.	What felt supportive? How did you communicate your boundaries?
20 min	8.5 Collective Rhythm Group Creation	Allow different emotions to coexist in a shared composition.	1. Form groups of four or five. 2. Each person offers one chosen gesture. 3. Combine gestures into a short movement sequence. 4. Share and witness without interpreting others' emotions.	How did you make space for different expressions? What helped everyone feel safe?
10 min	8.6 Grounding & Reflection Safe Closing	Integrate learning and identify safe ways to express emotions.	1. Return to a steady breath and feel feet on the floor. 2. Choose a grounding movement. 3. Share one word or sentence, or pass. 4. Name one safe expression strategy to take away.	What does expressing emotions safely mean to you now? What can you do when a feeling becomes intense?

FACILITATOR REMINDER: Participation is voluntary. Offer seated alternatives, no-touch options and permission to pause. Avoid interpreting others' emotions; prioritise consent, choice and grounding.