

Time: 20 - 30 minutes

Teams: 3 - 6 players

Location: Indoor or outdoor space (quiet and comfortable)

Educational Objective

The purpose of this task is to help participants recognise and name emotions, identify underlying needs, and practise empathy.

The activity supports understanding the connections between emotional intelligence and the Sustainable Development Goals (SDGs) and fosters practical actions that promote fairness, communication, and cooperation.

Moderator

Emotions in Action

Step-by-Step Instructions

1. Introduction & Framing

Explain that emotions act as indicators of deeper needs, such as belonging, support, recognition, or safety, revealing what our inner world is asking for and helping us navigate our relationships and decisions more consciously.

Emphasise that empathy strengthens inclusion, fairness, and peaceful communication.

Clarify that the activity focuses on awareness, not personal disclosure.

Methodological tip: *Set a calm and supportive tone for open discussion.*

2. Organisation

Choose a quiet, comfortable indoor or outdoor space.

Ensure the team has a notepad for taking notes.

3. Naming Emotions (5 minutes)

Ask the team to write down 8-10 emotions commonly experienced by students and identify one underlying need for each.

Methodological tip: *If needed, prompt them with categories such as connection, clarity, fairness, rest, or recognition.*

4. Everyday Scenarios (10 minutes)

Instruct the team to create three fictional or general campus scenarios.

For each scenario, they should identify the emotion involved, the underlying need, how empathy could improve the situation, and which SDG it could connect to.

Provide an **example scenario:** A student tries to join a conversation but is talked over and withdraws. Emotion: excluded. Need: belonging, respect. Empathy:

invite them to speak, notice who is quiet, ensure equal participation. Possible SDG link:

SDG 10 - Reduced Inequalities.

5. Create an Action Statement on Emotional Intelligence (5 minutes)

Ask the team to write one sentence describing how they will use emotional intelligence to improve fairness, communication, or cooperation on campus.

Mission Equipment

Notepad or whiteboard for taking notes



Role of the Moderator

The moderator acts as a facilitator, not a judge. Your role is to:

- Maintain a respectful atmosphere.
- Keep time and structure the activity.
- Encourage inclusive participation.
- Redirect if discussions become too personal or uncomfortable.