



Building a Comprehensive Educational Ecosystem for Sustainable Development Goals

Project Reference: 2023-1-PL01-KA220-HED-000165127
Implementation period: 01.10.2023 - 30.09.2026
Programme: Erasmus+
Action Type: Cooperation partnerships in higher education
EU Grant: 400.000,00 €

Coordinator



Partners



Emotions in Action

Player

Emotions in Action

Time: 20 - 30 minutes

Teams: 3 - 6 players

Location: Indoor or outdoor space (quiet and comfortable)

The Story

We all experience emotions - frustration, excitement, confusion, pride, anxiety, joy - and behind each one lies a personal need such as belonging, clarity, support, recognition, or safety.

When we understand emotions and their underlying needs, we grow more empathetic and empathy strengthens collaboration, inclusion, fairness, and peaceful communication. These skills are essential for building a more sustainable and equitable world.

Your mission: work together to identify emotions, uncover the needs beneath them, and explore how emotional intelligence supports the Sustainable Development Goals (SDGs).

Know the feeling, choose the action!

Mission Tasks

Step 1: Naming Emotions (5 minutes)

As a team, write down 8-10 emotions that you commonly feel as students. For each emotion, discuss and write down one underlying need.

Examples: stressed → need for support; left out → need for belonging; proud → need for recognition.

Step 2: Everyday Scenarios (10 minutes)

Think of simple, everyday scenarios where emotions might arise on campus. Choose three scenarios to analyse as a team and determine the emotion involved, the underlying need, how empathy could improve the situation and an SDG connection.

Example: A student tries to join a conversation, but others speak over them, and they eventually withdraw. Emotion: excluded. Need: belonging, respect. Empathy: invite them to speak, notice who is quiet, ensure equal participation. Possible SDG connection: SDG 10 - Reduced Inequalities.

Step 3: Create an Action Statement on Emotional Intelligence (5 minutes)

Write one sentence describing how your team will use emotional intelligence to improve fairness, communication, or cooperation on campus.

Examples: 'We will make sure quieter teammates get space to share their ideas.' or 'We will practise active listening in group discussions.'

Why Your Mission Matters

Understanding emotions helps us understand each other. Empathy reduces tension, prevents exclusion, and supports fairness. Emotional intelligence strengthens communication, teamwork, and well being - all essential for the SDGs.

A better world begins with how we treat one another every day.

Mission Equipment

Notepad or whiteboard for taking notes

