

Title: EMOTIONAL ICEBERG

Goal:

Increasing awareness of emotions and behavior.



Intro:

Think of an iceberg; what is visible above the ocean surface is only a small part of the whole. Create an Emotion Iceberg to explore the visible and hidden parts of your thoughts/feelings/actions.

Resources:

Pens/Pencils/Crayons for coloring and writing
Iceberg Handout

Instructions:

Think about a recent time when you had strong feelings (you can choose any feeling such as Joy, Sorrow, Acceptance, Anger, Trust, Anticipation).

Pick up a blank Emotion Iceberg handout from the table. On the top part (above the water) write what other people could see of your thoughts, feelings, and actions.

(For example, maybe you were sad and you cried, so people could have seen that)

Next think about what parts of your thoughts, feelings, and actions that might not have been visible to others.

(For example, maybe inside you were sad, but you did not show it)

Add colors, pictures and details to illustrate what's going on for you – both the visible parts and the hidden parts.

Discussion:

Find another person who made an Emotion Iceberg. In what ways are yours similar or different?

Were you surprised by anything you recorded underneath the surface?

Next time you have a feeling, what would happen if you remember your Emotion Iceberg and tried to share your feelings more directly?



POP-UP FESTIVAL