

Be real about your feelings

 60 minutes

Objective

- *To empower participants to acknowledge, articulate, and accept their emotions without judgement, creating a pathway to emotional rest, self-awareness, and healthier interpersonal communication.*

Materials needed

- Comfortable seating arranged for both individual work and group connection
- Printed copies of the Emotional Rest manual
- Pens, paper, and journals
- Sticky notes in various colours
- Optional: small art materials (markers, crayons, coloured pencils) for creative exercises
- Optional: calming background music for reflective moments



Tool Description

This tool invites participants into an immersive, interactive journey of emotional honesty. Through creative expression, sensory grounding, and structured sharing, participants learn to identify and voice their true feelings in a safe space. The process combines reflection, movement, and conversation, allowing participants to access emotions on multiple levels, intellectual, physical, and relational. By the end of the session, they will have practised strategies to be more authentic with their emotions, both privately and in social contexts.



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Instructions

1 - INTRODUCTION (20 minutes)

- Introduce the manual
- Allow participants time to familiarise themselves with the manual and its content
- Focus on the chapter **Emotional Rest**
- Introduce the importance of **being real about your feelings** as a practice and let participants know this will be the main focus of this module

2 - The emotional check-in wall (15 minutes)

Upon arrival, participants receive sticky notes and are invited to write a single word that captures how they are feeling in the moment, without overthinking. These notes are placed anonymously on a large wall or board. The facilitator reads them aloud (without naming authors) to illustrate the emotional diversity present in the room and normalise the full spectrum of feelings.

3 – The language of feelings (10 minutes)

Participants are given a list of emotion words (including nuanced options beyond “happy” and “sad”) and are asked to circle those they have felt in the past week. This helps expand emotional vocabulary, making it easier to be precise and honest when expressing themselves.

4 – Body mapping your emotions (15 minutes)

Using a blank body outline on paper, participants mark where in their body they physically feel certain emotions, tightness in the chest, warmth in the stomach, heaviness in the shoulders. This step connects emotional awareness with physical sensations, making feelings more tangible.

5 – The truth-telling circle (20 minutes)

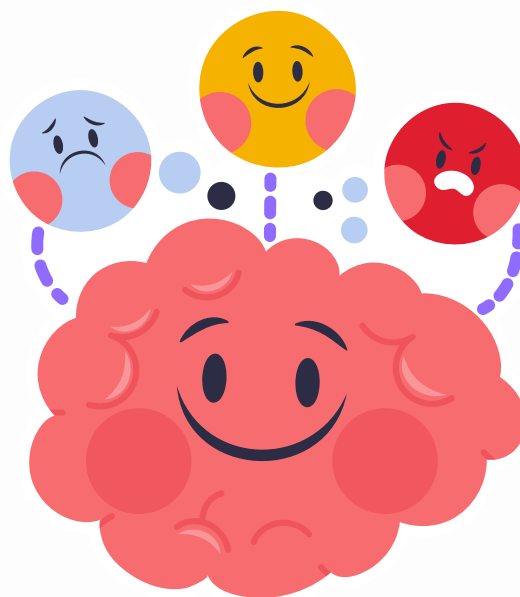
In small groups, participants share one recent moment when they weren't fully honest about their feelings (either with themselves or others) and what held them back. Partners listen without giving advice, only validation and curiosity. This is where the practice of safe, honest expression comes alive.

6 – Rewriting the moment (10 minutes)

Participants return to their journals and rewrite that same situation as if they had been fully real about their feelings. They focus on the words they would have chosen, the tone they would have used, and how they imagine the outcome might have shifted.

7 – The takeaway commitment (5 minutes)

Everyone writes a short personal commitment sentence on a fresh sticky note, starting with: "I will be real about my feelings by..." These commitments are kept private or shared voluntarily, and participants are encouraged to place them somewhere visible in their daily life.



Reflection questions

Here are a few questions to facilitate discussion and reflection, such as:

- Do you feel you can clearly explain what emotional rest means in your own words?

Being real about our feelings is not a burden to others, but a gift of authenticity and connection.

- How did the exercises affect your understanding of your own emotions?
- Which barriers make it hardest for you to be real about your feelings?
- How did it feel to hear others' authentic emotional experiences?
- What is one small change you can make to practise emotional honesty in the coming week?



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