



What and why?

Understanding and managing our feelings involves several key steps. Developing the ability to perceive, identify, and articulate our own emotions forms the foundation of emotional intelligence. Additionally, reflecting on the development of our emotions provides valuable insights into our personal growth and experiences. Comparing our individual feelings with how we perceive others' emotions enhances empathy and interpersonal understanding. Moreover, understanding others' feelings requires us to shift perspectives and empathize with diverse experiences. It's also essential to distinguish between feelings and needs to address our emotional and physical requirements adequately. Mastering these steps enables us to foster open communication, resolve conflicts peacefully, and cultivate deeper connections with ourselves and others.



How to communicate with different target groups



What is today's topic?

- Introduction to the topic
- Personal reflection on the topic



Non-verbal communication

- Gaining a common understanding: What is non-verbal communication?
- Discussing different examples for non-verbal communication (positive and negative examples)
- Collecting further examples (previous knowledge and personal experience)
- Create a list in group: Dos and don'ts in non-verbal communication in classroom



A game: How to communicate with others



- A game: Little architects
- Share your experience from this game: communicate and collect the personal experiences (flipchart or digital whiteboard)

Talking about feelings



- How to express personal feelings (incl. Alphabet of Feelings)
- Do you know this feeling?
- Feelings are like waves – they raise and go
- Instruction to my personality – my personal needs and feelings (create your personal instruction)

Talking about feelings

- How to express personal feelings (incl. Alphabet of Feelings)
- Do you know this feeling?

Facts on Fake News (Guided self-learning phase)



Share the interactive LUMI learning material for guided self-learning phase on the following topics:

- including non-verbal communication, feelings and needs
- Four Steps of Nonviolent Communication (Rosenberg)
- How to formulate an appreciative request

Roleplay: How to communicate respectfully



- Work in pairs
- pull a card
- describe the needs and feelings of the person from your perspective
- act out the roleplay



Personal relevance of the topic



Transfer your personal learning to your personal portfolio. Reflect on this module's content. Try to answer this question:

- What is important for me as a Digital Coach?
- How do I bring it to class?



Related Links and Materials





Lesson Plan

Materials:

- Computer or iPad with internet access for each learner
- Projector or large screen for demonstrations
- Flipchart
- Impulse-cards for non-verbal communication
- Roleplay cards
- LUMI interactive learning material
- Book Creator Portfolio (Template to share with the students)

Lesson Plan

You can pick and choose from among the prepared activities. Please tailor the lesson to the individual need of the Digi Coach you are training.

The times allocated to each activity are rough estimates and it can vary depending on the group.

Activity 1 (5 minutes)

Introduction and Warm-up (5 minutes)

1. Introduce the topic to the group.
2. Discuss what they already know about it.



Activity 2 (75 minutes)

Discuss examples for nonverbal communication (15 min)

1. Use impulse pictures showing different situations of non-verbal communication (positive and negative examples)
2. Talk about the pictures first (What can you see in the picture? / What does the person do?).
3. Discuss then every situation with the group (How do you feel if you see a person communicating like that? / How would you react? / How do you think others feel if they see you like that?)

Collecting examples for nonverbal communication (20 min)

1. Ask the students about their personal experience and observations in situations of non-verbal communication.
2. Collect the results on a flipchart or digital whiteboard.

Make it relevant: What is necessary to know as a Digital Coach? (25 min)

1. Go through different situations of non-verbal communication with the view of a Digital Coach: What situations could happen in class? In school? What is important for you to know?
2. Filter out the main aspects of good non-verbal communication in jobs.

List of DOs and DON'Ts in nonverbal communication (15 min)

1. Ask the students to take the results from Step 3 and create a list with the main points on non-verbal communication for Digital Coaches.
2. Ask the Digital Coaches to take a picture of the list to add it to the Book Creator portfolio.

Activity 3 (60 minutes)

Recognize feelings of others (15 min)

1. Use impulse pictures showing persons with different feelings.
2. Talk about the pictures first (What can you see in the picture? / How does the person feel? / Do you know this feeling? / How did you feel in a similar situation?).
3. Try to find clear expressions for every feeling together in group.
4. Collect the expression on a flipchart or digital whiteboard.

The Alphabet of Feelings (20 min)

1. Show and explore with the students the App “Alphabet of Feelings” (or a list/register of feelings, if you prefer an analogue version).
2. Read the descriptions of the different feelings and discuss why a clear understanding of feelings is essential for a Digital Coach.

Feelings are like waves – how to deal with emotions (25 min)

1. Discuss in group how a feeling arises and how you can let it go again. Are there any personal strategies that help your students if negative feelings arise?
2. Together with your students try to make a list of coping strategies in different situations.

How to deal with emotions – my personal guide (15 min)

1. Ask the students to write/create short personal guidelines for their personality, their feelings and coping strategies. What is useful if special feelings arise?
2. This personal instruction can be useful for the teachers in school to know better what the Digital Coach needs in certain situations.

Activity 4 (45 minutes)

Facts on Communication (45 min)

1. Share the interactive LUMI exercise on the topic to your Digital Coaches for self-paced learning.
2. The interactive eBook contains facts on the following topics: non-verbal communication, feelings and first insight in the four steps of Non-violent Communication (Marshall Rosenberg).
3. You can provide a Padlet to collect further links and questions to the topic there.

Activity 5 (50 minutes)

Roleplay: How to communicate appreciatively (40 min)

1. Ask the students to practice with their peers.
2. The students go together in pairs.
3. Every pair gets one communication situation to prepare for a roleplay.
4. The pairs act out their roleplays to the group.
5. The group should reflect the communication in the roleplay critically: What was good? Was there any situation where you would have communicated differently? Why?
6. Note the key insights on a flipchart/digital whiteboard.

Activity 6 (20 minutes)

What is important to me as a Digital Coach?(20 min)

- The Digital Coaches reflect on important points for their future work as Digital Coaches of this lesson.
- They take a photo of their vision board and add it to the personal portfolio.
- You transfer these important points to the personal portfolio.
- The format for the documentation is free.