WEEKLY INFORMATION SHEET

Sessions 3 & 4 Feelings and Emotions

Session Objectives:

- To learn to identify different emotions.
- To learn how to express emotions appropriately.
- To learn how to identify and respond to the emotions of others.

Community Activity Information:

- The next session will be a community activity.
  - During this activity participants will identify and discuss the emotions of others and feelings.

- Date and Time: _____

- Location: _____

- Participants need to bring: _____

Ways to Support Participants:

- Ask questions about the sessions.
  - What did you learn about emotions?
  - What did you learn about being assertive and using "I" statements?
  - What did you do when you went out in the community?
  - What emotions did you see or talk about with the group?
- Look for opportunities to ask about assertiveness and how to make your feelings known using "I" statements (e.g., I feel … because).
- Discuss any concerns the participant has and follow up with the facilitator, if necessary.

If you have any questions or concerns, contact:

Facilitator Names: _____

Phones: _____

E-mails: _____