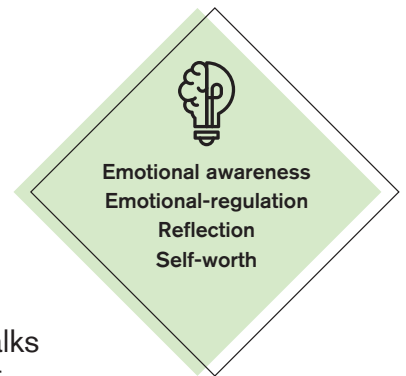


EMOTIONAL AWARENESS GRID



We based our emotional awareness session on the mood mapping techniques outlined in Dr Liz Miller's book – *Mood Mapping*¹⁶. Dr Miller talks about the prevalence of mood disorder, such as, in the example of herself, issues like bipolar disorder. However, mood mapping is a process to creating mood order. By being more aware of moods and emotions, we can start to manage them in a healthy way. Emotional awareness is the foundation to emotional regulation, which is thought to be strongly correlated with young people's mental health¹⁷.

Using the emotional awareness grid (55–75 minutes)



- You'll need:**
- Pens and post-it notes
 - Printed out emotional awareness grid
 - Large surface area

Top Tip!
Have a game of Uno! First, have a standard game, keeping it brief. You'll notice the Uno cards have the same colours used in the emotional grid. When you play the second time around, set young people the challenge of naming an emotion which matches the colour of the card they are about to put down (best used as an energiser or at the end of the session).

Step 1

Set some ground rules for the activity. Emotions can vary a sensitive subject, so whether you're delivering this in a group or one-to-one, it's worth establishing ground rules (see page 6).

10 minutes



Step 2

Brainstorm as many different emotions as possible, with no right or wrong answers. Write these different emotions on post-it notes.

5–10 minutes



Step 3

Introduce the emotional grid, explaining what the different axes mean and the four different sections the grid is divided into. You might want to put the grid in the middle of a large surface area to help with step 4!

5–10 minutes

Step 4

Invite participant(s) to add their emotions on to the grid. Facilitate discussion, especially around emotions which are hard to categorise. Move your way around the grid, discussing what situations might elicit different emotional responses.

15–20 minutes



Step 5

Discuss how you could move from one section of the grid to another, inviting people to share strategies that work for them and trying to emphasise adaptive strategies.

10–15 minutes

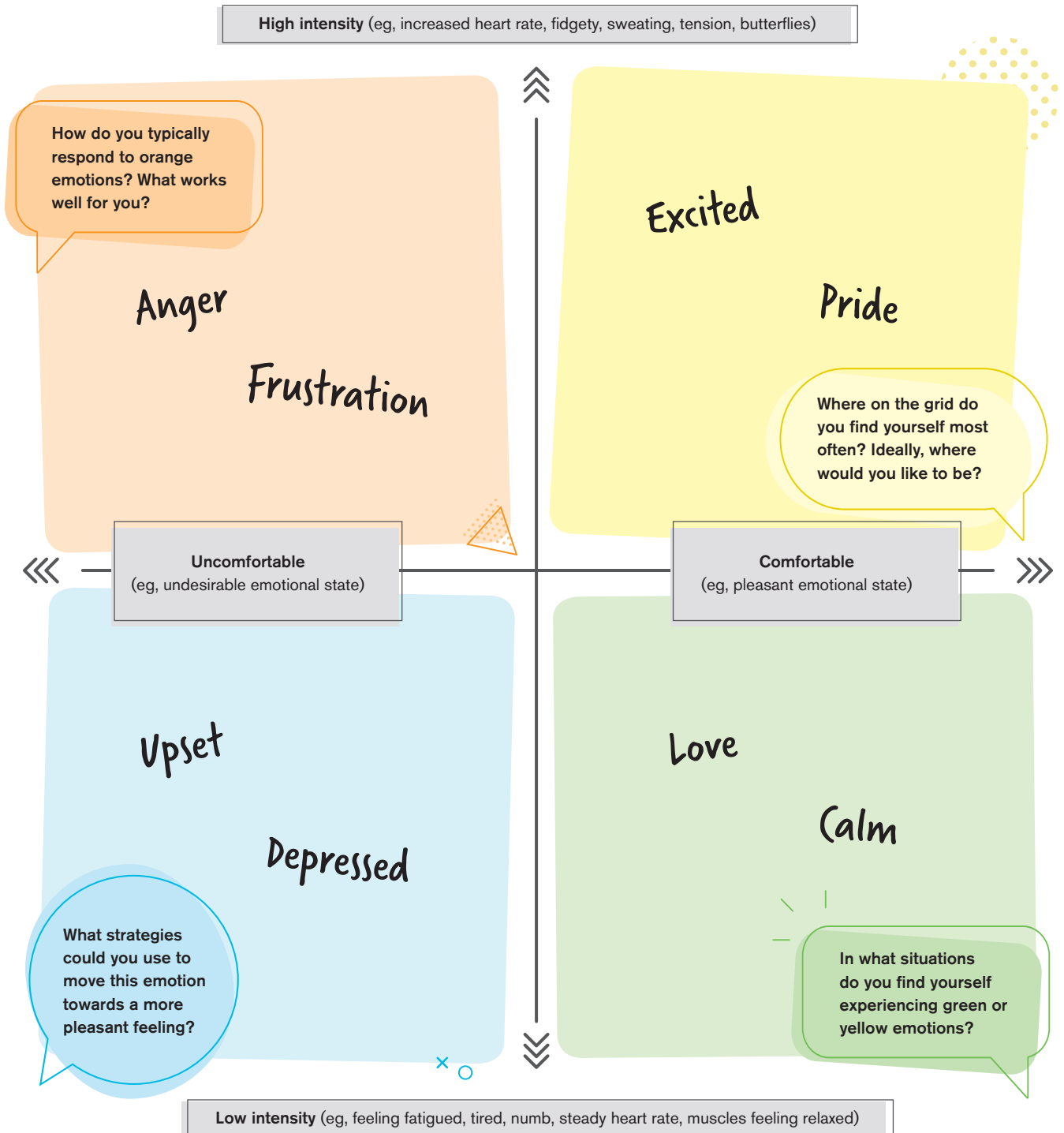


Step 6

Bring the activity to a close with a guided reflection (see below for questions). At this stage it is important to debrief participants and signpost if necessary.

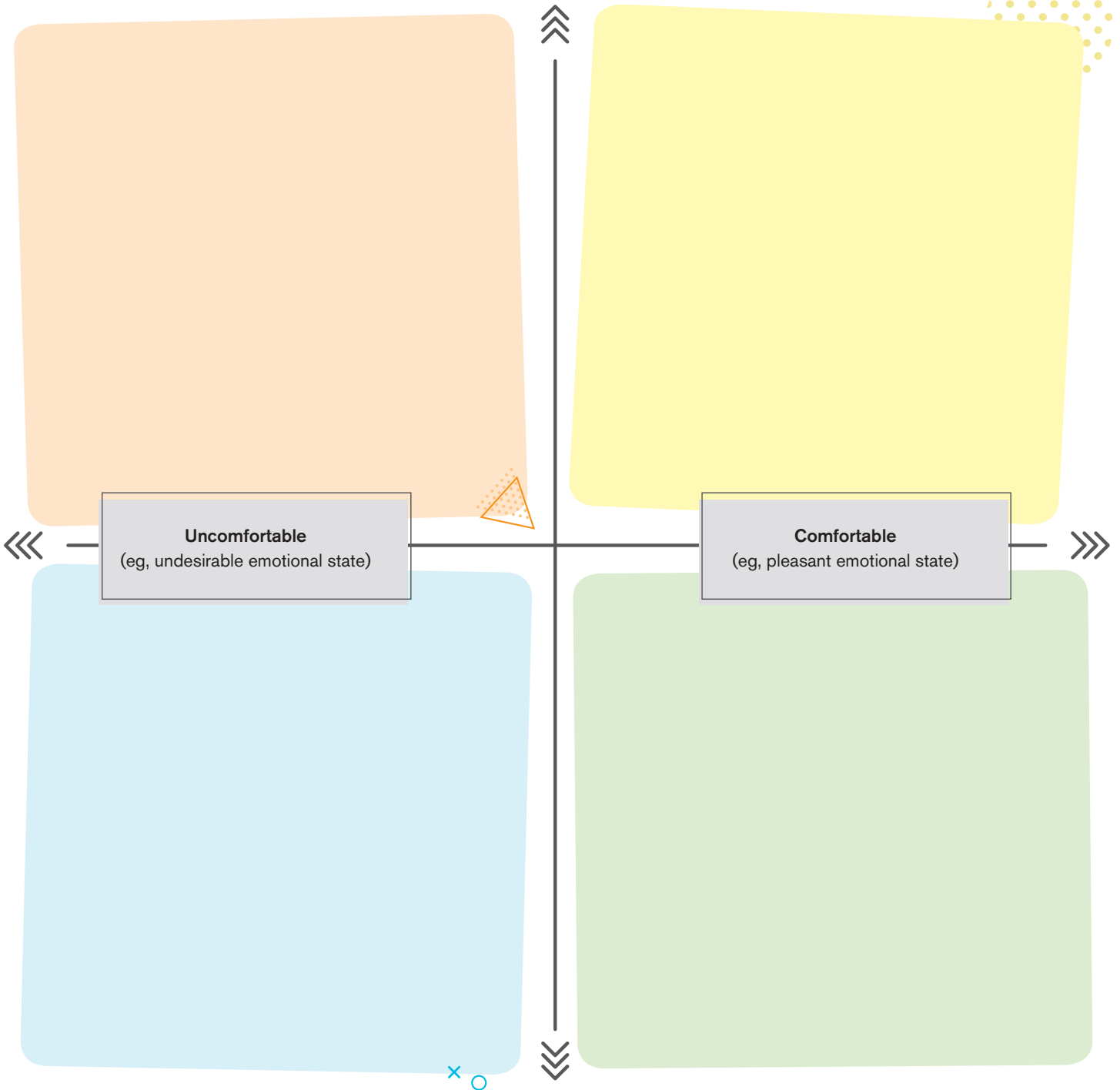
10 minutes

Emotional awareness grid example

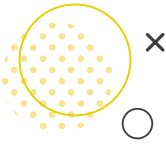


Emotional awareness grid

High intensity (eg, increased heart rate, fidgety, sweating, tension, butterflies)



Low intensity (eg, feeling fatigued, tired, numb, steady heart rate, muscles feeling relaxed)



Reflection questions on the tool

After completing this activity, it might be beneficial to first check in with the participant(s) or do a brief grounding technique. These strategies will give participants time to assess their feelings and give you as the facilitator an opportunity to understand what impact the session has had.



Short walk

Go for a short walk for a few minutes, ideally outside, but if the weather isn't suitable then inside can also work. Concentrate on your steps, the feel of your foot connecting to the ground and lifting back up again, how long or short your steps are, the strength of how your foot is connecting with the ground.

Checking-in questions



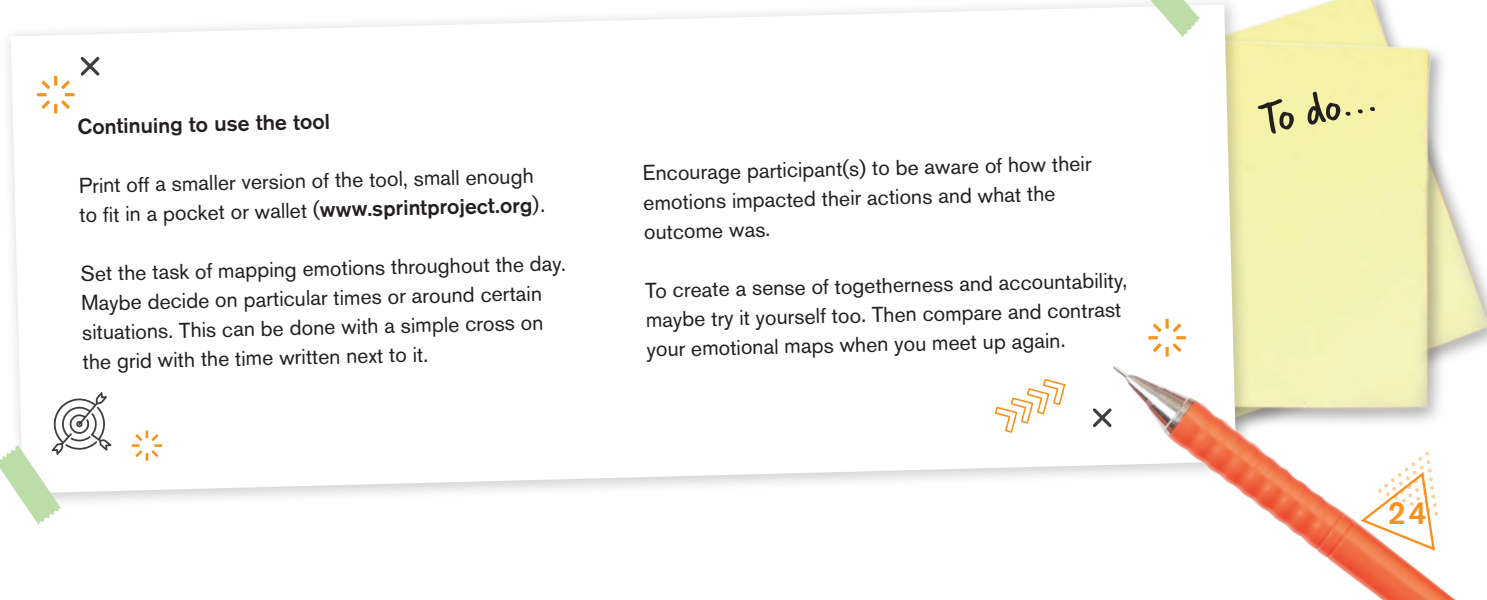
Other reflective questions for this activity might include:

- Why is it important to be emotionally aware?
- Is it possible that no matter whether an emotion is positive or negative, it can tell us something important about a situation?
- How do you feel being more emotionally aware might impact your day-to-day life?

Top Tip!
Start with some kind of validation (see definition in glossary), acknowledging the effort put in by the participant(s) or how they felt the session went.

Action plan

Identify times and situations where you can be more aware of your emotions...



Continuing to use the tool

Print off a smaller version of the tool, small enough to fit in a pocket or wallet (www.sprintproject.org).

Set the task of mapping emotions throughout the day. Maybe decide on particular times or around certain situations. This can be done with a simple cross on the grid with the time written next to it.

Encourage participant(s) to be aware of how their emotions impacted their actions and what the outcome was.

To create a sense of togetherness and accountability, maybe try it yourself too. Then compare and contrast your emotional maps when you meet up again.

To do...

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