Emotional Workshop
The Words of Emotions: Exploring Emotional Vocabulary through Comics

Objectives:

- **To enhance learners' understanding of emotional vocabulary and its nuanced meanings.**
- **To enable learners to articulate emotions effectively in personal and social contexts.**
- **To foster creativity and collaboration through the creation of a comic strip.**

Key Components:

- Brief exploration of emotion-related terms.
- Guided exercises to match emotions with scenar
- Collaborative design of a comic strip illustrating an emotional narrative.
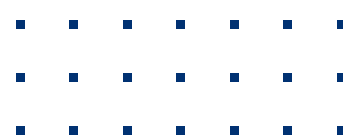- Discussing of insights and reflection

**Duration:**
45 minutes

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Workshop Overview

Welcome to today's workshop, where we'll explore the rich and fascinating vocabulary of emotions. Together, we'll learn how to identify and express emotions more effectively, using words to better understand ourselves and communicate with others. Through engaging activities and a comic strip project, we'll bring emotional language to life in a fun and collaborative way.

1. **Introduction and Icebreaker (5 minutes):** brief overview of workshop objectives and the importance of emotional vocabulary; quick activity in which learners choose one word to describe their current mood.
2. **Exploring Emotional Vocabulary (10 minutes):** short interactive lecture on the range of emotional words, including basic and nuanced terms; then, the learners will try to match emotional words to given scenarios or facial expressions.
3. **Comic Strip Planning (5 minutes):** in pairs, learners will brainstorm an emotional situation they want to represent. They will decide on characters, emotions, and dialogue to use in their comic strip.
4. **Comic Strip Creation (20 minutes):** the same pairs will create a 4-panel comic strip depicting an emotional narrative. This will be done either by hand, or through the digital tool Storyboard That.
5. **Reflection and Sharing (5 minutes):** the groups will briefly present their comic strips to the class, and then all together discuss how the emotional vocabulary enhanced the narrative.

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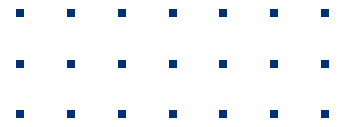
Introduction and Icebreaker

Now that I have explained how our workshop will be, let's start with a quick icebreaker to get us thinking about emotions. I'd like each of you to take a moment and think about how you're feeling right now. Then, choose one word that best describes your current mood - any word that comes to mind, like "calm," "excited," "curious," or even "tired."

Once you've chosen your word, we'll go around the group, and each person will share their word aloud. Don't worry about explaining or justifying your choice; just the word is enough. This activity will help us start noticing how we use emotional language and set the tone for the rest of the workshop. Let's begin - who would like to go first?
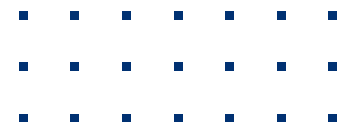
Exploring Emotional Vocabulary

Now, let's shift to our second activity and explore "Emotional Vocabulary". Emotions are complex, and the words we use to describe them can range from simple and familiar to more nuanced and specific. For example, "happy" is a basic word, but it can be expressed in different ways like "joyful," "content," or "ecstatic," each carrying a slightly different meaning. The more precise our vocabulary, the better we can communicate how we feel.

I will now share a few examples of emotional words, and together we'll discuss their meanings. Let's think about how these words might be expressed in different situations or through body language and facial expressions. For instance:

- **Happy** vs. **Ecstatic**

How are they similar, and how are they different?
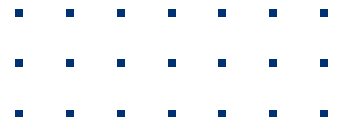
- **Sad** vs. **Heartbroken**

What makes these feelings distinct?

We'll explore examples like these briefly to understand the nuances of emotional vocabulary.

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Exploring Emotional Vocabulary

Next, I will give you a set of pictures showing facial expressions or scenarios, and your task will be to match them to an emotional word from the provided list. Work in pairs, and discuss your choices with your partner.

For instance, if you see someone with a big smile and raised arms, you might choose "ecstatic." Or, if someone is slumped in their chair with a frown, you might pick "disappointed."

After a few minutes, we'll come back together to quickly review your matches and discuss how the images represent those emotions. This activity will help you practice identifying emotions and choosing the right words to describe them.
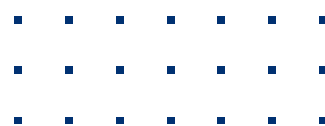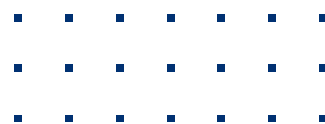
List of Emotional Words

Here are the words we'll use for the matching exercise. They're simple to illustrate and common enough to recognize:

1. Delighted

2. Frustrated

3. Anxious

4. Excited

5. Surprised

6. Confused

7. Proud

8. Disappointed

Let's get started - pair up, and I'll distribute the images and sticky notes for you to use.

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Pictures showing different emotions

Here are the the pictures for the matching exercise. Just write on the post-it the name of the emotions you think matches with each image, and stick it on them.
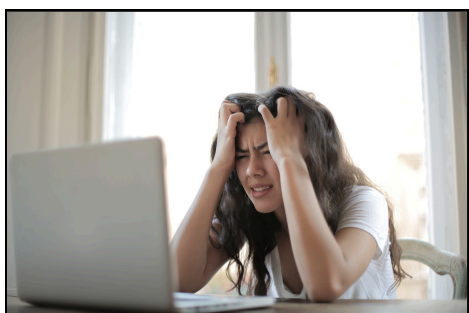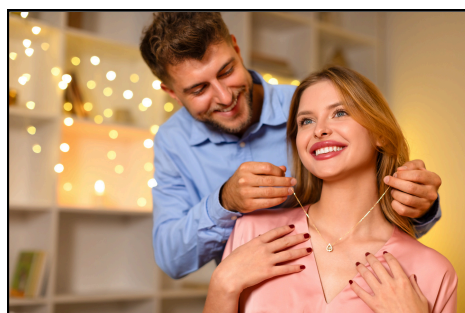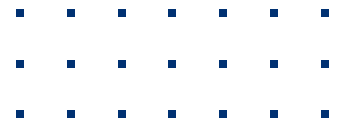
A

B

C

D

E

F

G

H

Comic Strip Planning

Now it's time to plan your comic strip! We will make it very simple, just a four panels comic strip, so think about a very simple situation to represent. In pairs, brainstorm an emotional situation you'd like to represent. Think of a scenario where emotions play a key role - like a moment of joy, frustration, or relief.
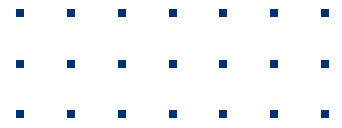
Decide together on:

1. **Characters**: Who is in your story?
2. **Emotions**: What specific emotions will they feel?
3. **Dialogue**: What will your characters say to show these emotions?

Focus on brainstorming ideas and jotting them down on paper - you'll use this plan to create your comic strip next. Get creative and have fun!

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Comic Strip Creation

Now that you've planned your story, it's time to bring it to life by creating a 4-panel comic strip that depicts your emotional narrative. You can choose to do this either by hand or using the digital tool Storyboard That. Both options are fun and easy, and you'll have a template to guide you.

In case you are going to do it by hand, I am giving you a **sheet of paper with the comic strip template (four empty rectangles)**, along with pencils, markers, and colored pencils to bring your story to life.

In each panel, draw the characters, setting, and emotions of your story. Focus on facial expressions to show the emotions. You do not really need to be good at drawing for this. Add **speech bubbles or captions** in each panel to represent what your characters are saying or thinking. Make sure the dialogue matches the emotions you're illustrating.

Once your drawings are complete, add any extra details - like background elements or colors - to enhance your comic.

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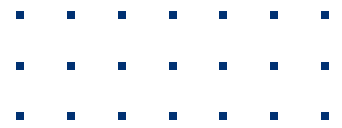
Comic Strip Creation

If you prefer to create your comic digitally, use **Storyboard That**, a free and easy tool for designing comics.

1. **Accessing the Tool:** open a browser and go to Storyboard That. You don't need to create an account for basic use, but signing up to the free version lets you save your work.
2. **Choosing the Layout:** once on the homepage, click *Create a Storyboard*. Use the 3x1 layout to represent four panels - delete one extra panel at the end.
3. **Building the Comic:**
    - *Characters:* click on the "Characters" tab and choose characters that fit your story. Drag and drop them into the panels. You can customize their poses and expressions to show different emotions.
    - *Scenes:* use the "Scenes" tab to add backgrounds that match your setting, such as homes, schools, or outdoor spaces.
    - *Dialogue:* use the "Textables" feature to add speech bubbles or captions in each panel. Type your dialogue so it matches your emotional narrative.
4. **Saving and Exporting:** when finished, click the *Save/Download* button to save your comic. You can share it with me via email or print it later.
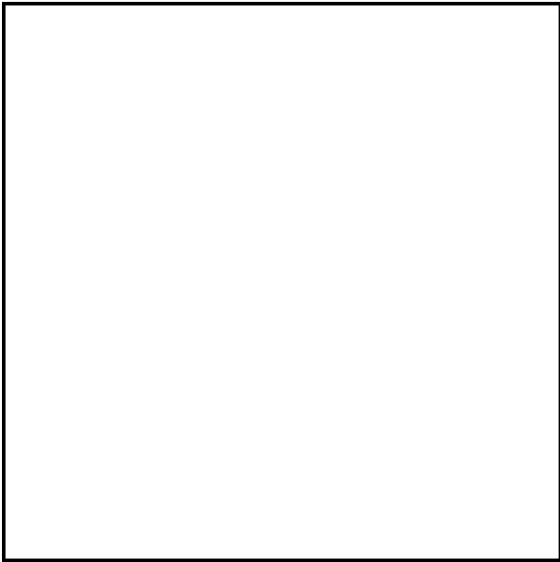
Link to Storyboard That

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Comic Strip Template

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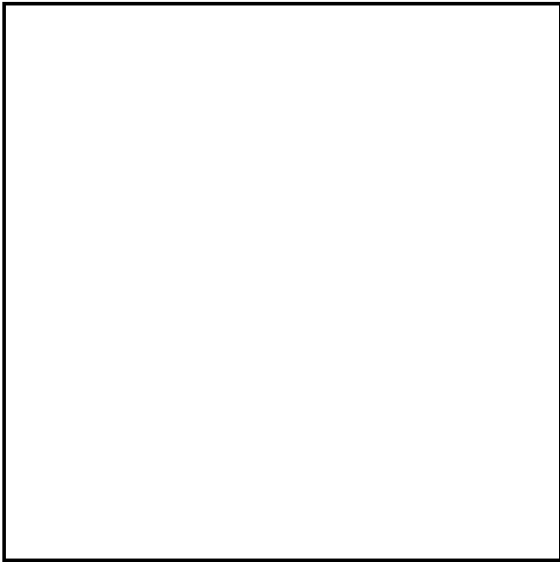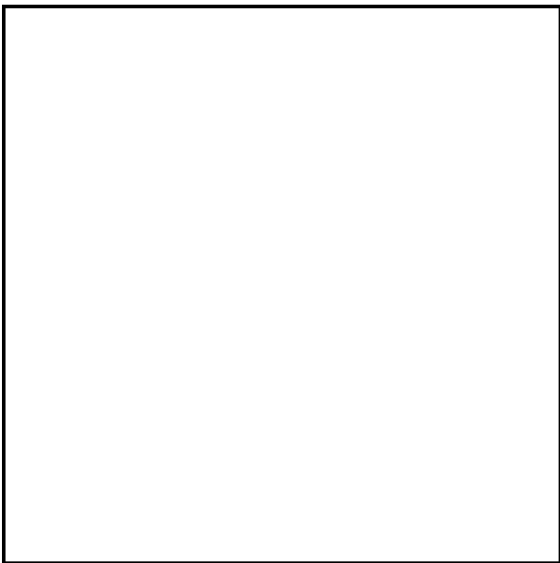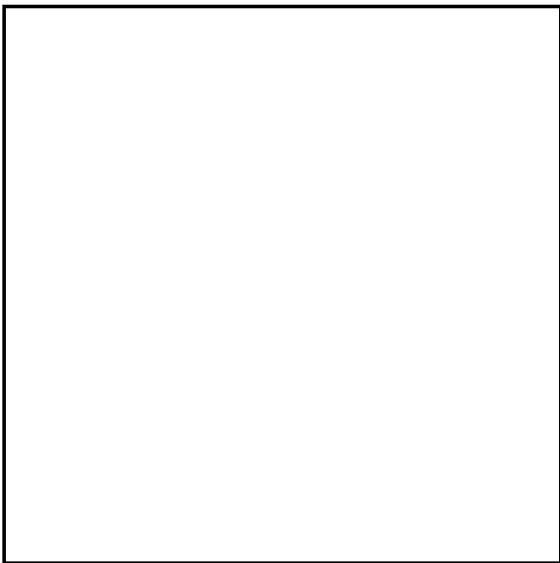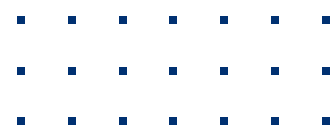
Comic Strip Creation

Key Tips

- Stay focused on showing the emotions clearly - through expressions, actions, and dialogue.
- Keep it simple! The aim is to explore emotional vocabulary, not create perfect artwork.
- Feel free to ask for help if you get stuck with your story or the tools.

You have 20 minutes to complete this task. Let's get started, and I'll circulate to assist as needed!

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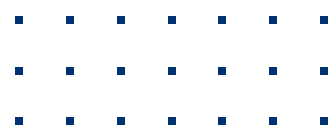
Reflection and Sharing

Now that we've finished creating the comic strips, let's take a moment to reflect and share. Any pair that feels comfortable is welcome to present their comic strip to the group. You can briefly explain your story, the emotions you chose to represent, and how you used emotional vocabulary to bring the narrative to life. As we listen, let's think about how the words helped make the emotions clearer and more relatable.

After the presentations, we'll discuss as a group:

- How did using specific emotional words enhance the story?

- Did it make the emotions easier to understand or connect with?

This is a great chance to learn from each other and see how different pairs approached their narratives. Who would like to go first?

Workshop:
The Words of Emotions: Exploring Emotional Vocabulary through Comics

Instructions for Teachers

Objective: To help adult learners expand their emotional vocabulary, express emotions effectively, and apply this knowledge creatively through the creation of a comic strip.

Duration: 45 minutes

Materials Needed:

- Projector and Screen
- Blank 4-panel comic strip templates (for those drawing by hand)
- Pencils, markers, and colored pencils
- Access to computers/tablets with internet for Storyboard That
- Pre-selected images or photos for the emotional vocabulary matching activity (to be printed before the workshop)
- List of nuanced emotional words (to be printed before the workshop)

Workshop step by step

Step 1. Introduction and Icebreaker
Welcome learners and introduce the workshop objectives. Begin with a quick icebreaker where each learner chooses one word to describe their current mood and shares it with the group. This helps set a reflective tone.

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Step 2. Exploring Emotional Vocabulary

Talk shortly about nuanced emotional words, as explained in the workshop section. Then, lead the activity to be done in pairs, where learners match emotional words to the provided pictures, encouraging discussion and collaboration. For the matching activity, the correct solutions are as follows: **1-H, 2-E, 3-A, 4-F, 5-G, 6-D, 7-C, 8-B**. Ensure to guide learners toward understanding the reasoning behind each match.

Step 3. Comic Strip Planning

Ask learners to work in pairs to brainstorm an emotional scenario for a comic strip. Have them decide on characters, emotions, and dialogue to include, jotting down their ideas as a plan.

Step 4. Comic Strip Creation

Guide learners as they create the comic strip. Provide templates for those drawing by hand, and share instructions for **Storyboard That** for those working digitally. Encourage clear emotional expression through visuals and dialogue.

Step 5. Reflection and Sharing

Invite pairs to briefly present their comic strips to the group. Facilitate a discussion on how emotional vocabulary enhanced their stories and how this activity supports expressing emotions effectively.

HELPFUL TIPS

Tips for teachers:

- **Create a Comfortable Environment:** start with enthusiasm and foster a non-judgmental space where learners feel safe to share.

- **Manage Time Well:** use a timer or gentle reminders to keep activities on track without rushing key elements.

- **Facilitate Collaboration:** pair learners thoughtfully and support them as needed, encouraging balanced participation.

- **Support Creativity:** emphasize expression over perfection and celebrate effort to keep learners motivated.

- **Adapt and Assist:** provide both hand-drawn and digital options for the comic strip, and circulate to offer guidance or answer questions.

- **Encourage Reflection:** During the sharing phase, highlight each pair's work and reinforce the use of emotional vocabulary.

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Follow-up Assignement:

Ask learners to read the excerpt below from **"The Gift of the Magi"** by **O. Henry**, focusing on the emotions the characters are feeling. They should highlight or list emotional words used to describe their feelings. Afterward, they should choose three new emotional words they haven't used before and write a brief reflection on how those words help express the characters' emotions, conveying, for instance, disappointment, pride, and affection. The task will help them connect emotions to specific vocabulary and understand how words shape the tone of a story.

Excerpt from "The Gift of the Magi" by O. Henry:
"Jim's face was a little pale and he was looking at Della with a strange expression. Della's eyes were brimming with tears, and she was looking at him in a way that made his heart ache. She was crying because she had sold her hair, and she was afraid that Jim would be disappointed, but Jim was just as emotional and proud of the gift he had gotten for her."

TOOLS
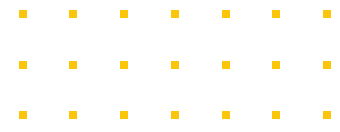
Storyboard That

Storyboard That is an easy-to-use digital tool that allows users to create visual stories, including comic strips and scripts, through a simple drag-and-drop interface. It offers a wide range of customizable characters, scenes, and props, making it ideal for illustrating emotional scenarios and storytelling. The tool enables users to arrange scenes, add dialogue, and adjust expressions to effectively convey emotions in a visual format. It's particularly useful for learners to create comic strips or storyboards, as it supports creativity while helping them practice narrative skills and emotional expression.

Link to Storyboard That

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