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# Emotional Workshop: Agreeing to Disagree (Celebrating our differences)



## Objective:

To foster an understanding of the value of diversity in perspectives and equip learners with strategies for engaging in respectful, constructive dialogue when opinions differ.

## Key Components:

- Understanding Diversity: Exploring cultural, social, personal differences.
- Respectful Communication: Practicing active listening; expressing disagreement constructively.
- Conflict De-escalation: Learning techniques to manage de-escalate tension in conversations.
- Celebrating Differences: Recognizing the strength in perspectives.

## Duration:

45-60 minutes



# Workshop:

## Agreeing to Disagree (Celebrating our differences)



### Workshop Overview



Welcome to the Emotional Education Workshop! Over the next 45 minutes, we will go through the concept of emotional awareness, highlighting how understanding our emotions and those of others can improve communication and relationships.

#### **Step 1: Introduction to the Lesson (10 minutes)**

- Activity: Icebreaker: "What Makes Me Unique?"
  - Each participant shares one unique trait or opinion.
  - Facilitator introduces the topic of diversity and its importance.
- Objective: Set a positive, inclusive tone for the lesson.

#### **Step 2: Understanding Diversity (15 minutes)**

- Activity: Short video and discussion
  - Play a video such as "The Danger of a Single Story" by Chimamanda Ngozi Adichie (TED Talk excerpt).
  - Group discussion on how diversity shapes perspectives.
- Objective: Help learners recognize and appreciate diversity.

#### **Step 3: Practicing Respectful Communication (20 minutes)**

- Activity: Role-play exercise
  - Divide learners into pairs; each pair practices a scripted dialogue where they must agree to disagree respectfully.
  - Debrief as a group on effective and ineffective strategies.
- Objective: Develop active listening and respectful expression of opinions.

#### **Step 4: Celebrating Differences (15 minutes)**

- Activity: Group project: "Diversity in Action"
  - Groups create a short digital or physical poster celebrating the value of differing perspectives.
  - Share creations with the class.
- Objective: Reinforce the value of diversity through creativity.

# Workshop:

## Agreeing to Disagree (Celebrating our differences)

### ■ Introduction to the Lesson



Welcome to today's workshop on Agreeing to Disagree, where we **celebrate the richness of diversity and explore how to navigate differences with respect and understanding.**

In a world filled with unique perspectives, disagreements are inevitable—but they don't have to lead to division. Together, we'll discover **strategies for engaging in constructive dialogue, embracing diverse viewpoints, and finding common ground even when opinions differ.** This workshop is a step toward fostering empathy, mutual respect, and a sense of unity in our differences.

- Begin with a quick group discussion: "What makes us different?"
- Participants write their unique traits on sticky notes and place them on a "Diversity Wall."
  - Discuss how these differences enrich the group.



# Workshop:

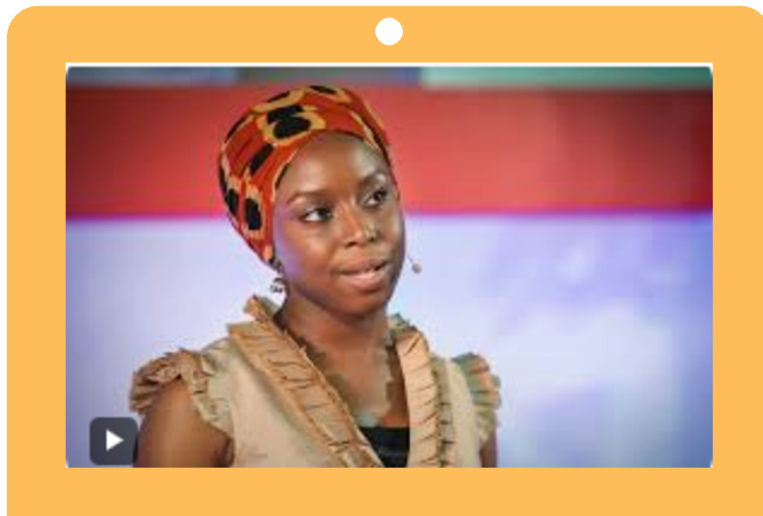
## Agreeing to Disagree (Celebrating our differences)

### Understanding Diversity



Watch the video and discuss:

- How does understanding different stories change our perceptions?
- Can you think of a time when a new perspective changed your mind?



**Video Resource: Chimamanda Ngozi Adichie's TED Talk (excerpt).**

## Workshop:

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## Practicing Respectful Communication



- **Role-Play Scenarios:**
  - a. Disagreement about environmental policies.
  - b. Differing views on social media use.
- Tips: Encourage learners to use "I" statements and avoid interrupting.
- Debrief Questions:
  - a. How did it feel to listen actively?
  - b. What strategies worked best?
  - c. Did you think this could work in your setting?

## Celebrating Differences

1. Group Activity Instructions:
2. Assign each group a theme (e.g., cultural traditions, personal hobbies).
3. Use Canva (free online tool) to design a digital poster or create a physical one using art supplies.
4. Present creations and discuss their importance.



# Workshop:

## Agreeing to Disagree (Celebrating our differences)

### Instructions for Teachers

#### Objectives:

- Help learners understand and appreciate diversity in opinions and perspectives.
- Equip learners with skills to engage respectfully in disagreements.
- Foster an inclusive environment where differences are celebrated.

#### Duration:

60 minutes,

#### Materials Needed:

- Sticky notes and markers.
- A large sheet of paper for the "Diversity Wall."
- Laptop and projector for video playback.
- Internet access for Canva or printed templates for posters.
- Role-play scenario cards.





# Workshop:

## Agreeing to Disagree (Celebrating our differences)

### Workshop step by step



#### **Step 1. Introduction (10 minutes):**

- Set up a welcoming atmosphere by encouraging participants to share unique traits.
- Guide learners to write and post sticky notes on the "Diversity Wall."
- Facilitate a brief discussion about the significance of diversity.

#### **Step 2. Understanding Diversity (15 minutes):**

- Play the TED Talk excerpt, ensuring it's prepared in advance.
- Pose thought-provoking questions and encourage learners to share experiences related to the video.
- Summarize key points on how diversity enriches understanding.

#### **Step 3. Practicing Respectful Communication (20 minutes):**

- Hand out role-play scenario cards and pair up learners.
- Monitor and provide feedback as pairs practice the dialogues.
- Lead a group debrief, highlighting successful strategies observed.

#### **Step 4. Celebrating Differences (15 minutes):**

- Divide the class into small groups and assign themes for their posters.
- Provide guidance on using Canva or art supplies.
- Facilitate presentations, emphasizing the importance of embracing varied perspectives.



## Workshop:

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### Tips for teachers:

- Foster Inclusivity: Celebrate contributions from all learners.
- Stay Neutral: Facilitate discussions without imposing personal views.
- Encourage Reflection: End with a quick journal activity to consolidate learning.

### Follow-Up Activity at Home:

Reflection Journals: If participants kept journals or created digital reflections during the follow-up activity, assess their ability to reflect on emotions and apply empathy in their writing or other creative work.

As a specific exercise, ask participants to choose a story from their own life or from a person close to them that reflects a strong emotional experience. They should reflect on this story and then create a short written or digital piece that maps the emotions they identified in the story. They can use text, voice recordings, or digital tools such as a photo collage or visual journal.

### Assessment:

- Monitor participation during group discussions and activities.
- Evaluate role-play interactions for respectful communication.
- Assess group posters for creativity and relevance to the theme.



# TOOLS



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