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Real Scenarios Workshop: Managing Violence with Emotional Intelligence



Objective:

- Help students identify forms of violence (physical, verbal, emotional, etc.).
- Develop skills to manage emotions effectively in violent or high-tension situations.
- Practice strategies to respond assertively and empathetically to violence.

Key Components:

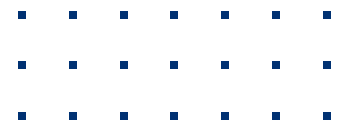
- Recognizing Emotions.
- Self-Regulation.
- Empathy.
- Conflict Resolution.

Duration:

1 hour



Workshop: Managing Violence with Emotional Intelligence



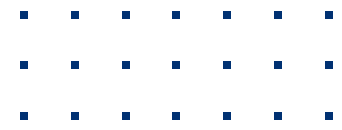
Workshop Overview

This workshop helps students understand and apply emotional intelligence in situations involving violence. Through interactive activities, they will explore emotional awareness, practice empathy, and develop strategies to de-escalate conflicts effectively.

- **Icebreaker: Defining Violence (10 minutes).** Begin by exploring what constitutes violence through images or scenarios, identifying its forms (physical, verbal, emotional, systemic), and discussing its emotional impact on participants.
- **Emotional Self-Awareness (15 minutes).** Reflect on personal experiences with violence, focusing on emotional reactions and physical responses. Use tools like Mentimeter or Padlet to visualize the group's emotional spectrum and emphasize the importance of emotional awareness in managing tense situations.
- **Role-Play: De-Escalating Violence (25 minutes).** Work in small groups to role-play scenarios involving violence, practicing strategies like active listening, calm communication, and empathy to de-escalate conflicts. Reflect as a group on what strategies were effective and how emotions influenced interactions.
- **Wrap-Up and Reflection (10 minutes).** Facilitate a guided discussion on the challenges and successes of de-escalation. Highlight key takeaways, including recognizing emotions, empathetic listening, and assertive responses. Conclude with students committing to a personal strategy to apply in their daily lives.

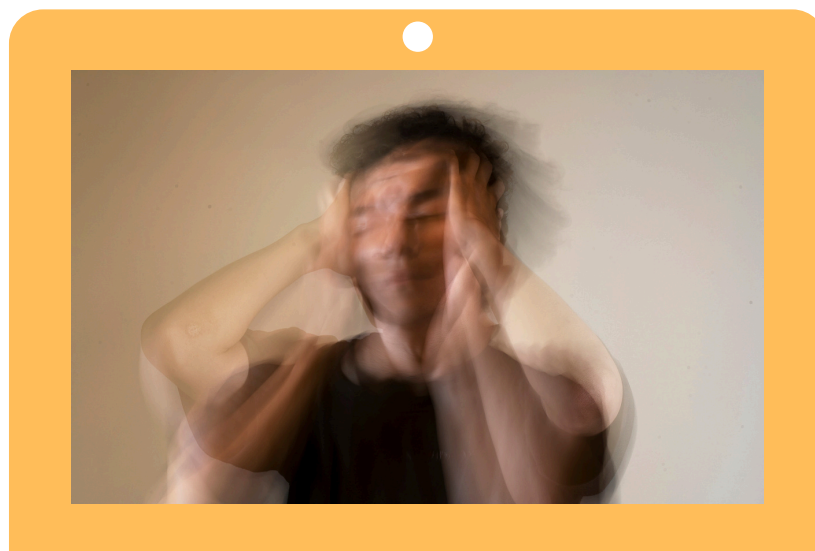
Workshop:

Managing Violence with Emotional Intelligence



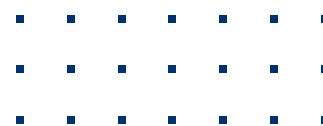
Icebreaker: Defining Violence

The workshop begins with an exploration of what constitutes violence, encouraging students to broaden their understanding beyond physical aggression. Using carefully chosen images or brief descriptions of scenarios (e.g., bullying, arguments, or passive-aggressive comments), students will identify the various forms of violence—physical, verbal, emotional, and systemic. This activity fosters critical thinking and creates a shared understanding of the topic while engaging students in a discussion about the emotional impact violence has on victims, aggressors, and observers.



Workshop:

Managing Violence with Emotional Intelligence



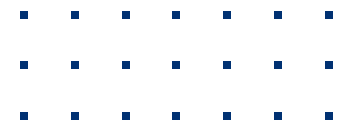
Emotional Self-Awareness

Participants reflect on personal experiences of witnessing or experiencing violence. By recalling these moments, they will identify the emotions triggered by such situations and how their bodies reacted (e.g., increased heart rate or nervousness).

Using tools like Mentimeter or Padlet, they can anonymously share their emotional responses, creating a collective emotional map. This activity highlights the importance of recognizing emotions in violent situations and sets the stage for understanding how self-awareness can help individuals control their reactions, ultimately preventing the escalation of conflict.



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Role-Play: De-Escalating Violence

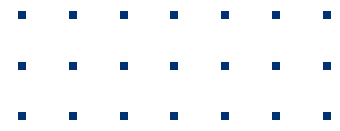


This section shifts the focus from reflection to action. Students work in small groups to engage in role-playing activities based on real-life scenarios, such as verbal altercations or peer conflicts.

They practice applying emotional intelligence to de-escalate tensions by using strategies like calm language, active listening, and empathetic responses. The role-plays are followed by group reflections to analyze what worked, what didn't, and how emotions influenced their behavior.

This activity provides hands-on experience in managing high-tension situations, reinforcing the practical value of emotional intelligence.

Workshop: Managing Violence with Emotional Intelligence



Wrap-Up and Reflection

The workshop concludes with a group reflection, where students discuss their challenges and successes in applying emotional intelligence during the role-play.

The facilitator summarizes key insights, such as the importance of recognizing and managing emotions, practicing empathy, and responding assertively rather than aggressively.

To end on a forward-thinking note, each student commits to a specific strategy they can apply in their daily lives, fostering a sense of personal responsibility and growth. This commitment is shared anonymously, creating a collective sense of achievement and learning.





Workshop:

Managing Violence with Emotional Intelligence

Instructions for Teachers

Objective: Help students understand and apply emotional intelligence in situations involving violence through engaging and reflective activities.

Duration: 1 hour

Materials Needed:

-Paper; - Markers; - Printed scenarios (e.g., descriptions of conflicts or violent situations); - Image cards representing different forms of violence (e.g., physical, verbal, emotional, or systemic); - Digital tools (e.g., Padlet, Mentimeter) if applicable

Workshop step by step

Activity 1. Icebreaker: Defining Violence (10 minutes)

Setup:

- Display a series of images or scenarios representing various forms of violence (e.g., heated argument, physical fight, passive-aggressive comment, bullying).

Activity:

- Ask the group two questions:
 - "Which of these scenarios do you consider violence?"
 - "How do these situations make you feel as an observer or participant?"



Workshop:

Managing Violence with Emotional Intelligence

Discussion:

- Highlight the different types of violence: physical, verbal, emotional, and systemic.
- Emphasize that violence is not always physical and can manifest in subtle ways.

Activity 2. Emotional Self-Awareness in Violent Situations (15 minutes)

Setup:

- Distribute worksheets or prepare verbal prompts.

Activity:

- Ask students to think about a moment when they witnessed or experienced violence (personal, public, or media-related).
- Have them reflect on these prompts:
 - "What emotions did you feel?"
 - "How did your body react (e.g., heart racing, sweating)?"
 - "How did you respond?"

Sharing:

- Use a digital tool like Padlet or Mentimeter for students to anonymously share their emotions.
- Display the results to visualize the group's emotional spectrum.

Debrief:

- Discuss how recognizing emotions can help individuals manage their reactions and prevent escalation in violent situations.



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Activity 3. Role-Play: De-Escalating Violence (25 minutes)

Setup:

- Divide students into small groups and provide each group with a real scenario (e.g., a heated argument in class, bullying, or a disagreement escalating on social media).
- Assign roles:
 - One person acts as the aggressor.
 - Another person practices emotional intelligence to de-escalate the situation.
 - Observers note what strategies were effective.

Activity:

- Each group performs the role-play for 5 minutes.
- Encourage students to apply strategies such as:
 - Active listening
 - Calm language
 - Empathy
 - Non-confrontational body language

Reflection:

- After the role-play, ask each group to reflect:
 - "What worked well in de-escalating the situation?"
 - "What could be improved?"
 - "How did emotions influence the interaction?"

Sharing:

- Have one or two groups share their scenario and de-escalation strategy with the entire class.



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Activity 4. Wrap-Up and Reflection (10 minutes)

Group Discussion:

- Pose these reflection questions to the group:
 - "What was the most challenging part of responding to violence in the role-play?"
 - "What strategies worked best for de-escalating the situation?"
 - "How can you apply these strategies in real life?"

Closing Activity:

- Ask students to write one strategy or insight they will commit to using in their daily life.
- Use a digital tool like Padlet or post sticky notes on a board to anonymously display their commitments.

Reinforce Key Takeaways:

- Summarize the session by emphasizing:
 - The importance of recognizing emotions.
 - Using empathy and active listening.
 - Responding assertively rather than aggressively.
 - Seeking help or support when violence escalates.



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Tips for teachers:

- **Create a Safe Space:** Encourage students to share their thoughts and feelings without judgment. Remind them that their reflections can remain private if they prefer.
- **Use Neutral Language:** When discussing scenarios, avoid language that might seem accusatory or overly graphic. Keep the focus on emotions and strategies for resolution.
- **Adapt to Group Dynamics:** If students seem hesitant, allow smaller group discussions before sharing with the larger group.
- **Encourage Participation:** Use tools like Padlet or Mentimeter for anonymous sharing to include students who may be shy or uncomfortable speaking up.
- **Time Management:** Keep a close eye on timing for each section to ensure all activities are completed within the hour.

Follow-Up Activity at Home

- **Journaling Reflection:** Ask students to keep a journal for one week, documenting any instances of conflict they encounter or observe (personal, media, or social interactions).
 - Prompts:
 - What happened?
 - What emotions were involved (yours and others')?
 - How was the situation handled?
 - Could emotional intelligence have improved the outcome?
- **De-Escalation Plan:** Encourage students to write a personal plan for managing their emotions in tense situations. This can include strategies like pausing before reacting, deep breathing, or seeking support from a trusted person.



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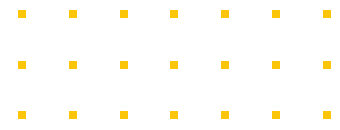
Assessment

- **Participation Evaluation:** Observe student engagement during the role-plays and group discussions to assess their understanding and application of emotional intelligence concepts.
- **Reflection Responses:** Review contributions from the digital tools (Padlet, Mentimeter) and sticky notes to gauge their insights and commitment to applying strategies.
- **Role-Play Feedback:** Use a simple rubric to evaluate role-play performance, focusing on:
 - Identification of emotions
 - Use of de-escalation techniques
 - Clarity and empathy in communication
- **Journaling Check-In (Optional):** For teachers who can follow up in subsequent sessions, review students' journal entries to track their understanding and real-life application of the concepts.

Final Notes

- **Empathy Is Key:** Emphasize that while students may not always have control over external situations, they can control their own reactions and contribute to a safer, more respectful environment.
- **Tailor to Your Group:** Adjust the complexity of scenarios and discussion depth based on the age, maturity, and cultural background of the students.
- **Encourage Support Seeking:** Highlight that it's okay to seek help from trusted adults or authorities when faced with violence.
- **Reinforce Practicality:** Remind students that the skills they practice in this workshop can be applied not only in violent situations but also in everyday conflicts and challenges.

TOOLS



Padlet



Software that you can use to dinamize some of the acitivites.

[LINK](#)

Mentimeter

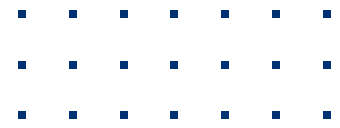


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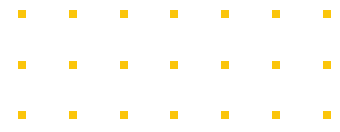
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Scenarios for the Ice breaker

Physical Violence

- A student pushes another in the hallway during an argument.
- A heated sports match leads to one player punching another.
- A child gets slapped by a parent for disobedience.

Verbal Violence

- A teacher shouts at a student in front of the whole class, calling them "lazy", for example.
- A group of friends spreads false rumors about a classmate.
- A peer insults someone's appearance during a discussion.

Emotional Violence

- A student gets excluded from a group activity by their classmates without any explanation.
- Someone repeatedly mocks a friend's fear of public speaking, making them feel embarrassed.
- A person uses sarcastic and belittling comments to undermine their partner during a disagreement.

Cyberbullying

- A student receives anonymous messages on social media calling them offensive names.
- A classmate shares a private photo without consent, leading to widespread ridicule.
- A friend posts a hurtful comment on someone's post during an online argument.

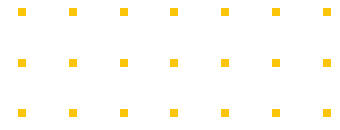
Systemic Violence

- A school policy disproportionately punishes students from certain socioeconomic backgrounds.
- A student is treated unfairly by a teacher because of their gender or ethnicity.
- A workplace rejects a qualified candidate due to a disability.

Ambiguous Situations (for nuanced discussion)

- A parent imposes strict rules on their child, limiting their social interactions.
- A coach pressures a student-athlete to train through injuries, ignoring their pain.
- During a heated argument, someone walks away abruptly without resolving the issue.

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Worksheets Emotional Awareness

Emotional Self-Awareness in Violent Situations - WorkSheet

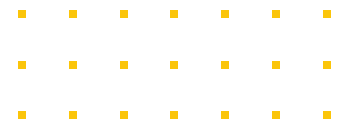
Think about a moment when you witnessed or experienced violence (personal, public, or media-related).

- What emotions did you feel?

- How did your body react (e.g., heart racing, sweating)?

- How did you respond?

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Real scenarios - Role Play

Scenario 1: Verbal Argument in the Classroom

Two students have a disagreement during a group project. One student accuses the other of not contributing and shouts, "You never do anything! Why are you even here?"

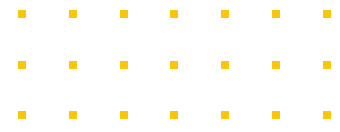
- **Aggressor:** The student expressing anger and frustration.
- **De-Escalator:** Another team member who steps in to calm the situation, using empathy, active listening, and assertive communication.
- **Observers:** Note what strategies work best in de-escalating the conflict.

Scenario 2: Bullying in the Hallway

A group of students is mocking another student's clothes, laughing and pointing. The targeted student appears uncomfortable and starts to walk away.

- **Aggressor(s):** The students teasing and laughing.
- **De-Escalator:** A bystander who intervenes by calmly addressing the group, showing empathy toward the target, and diffusing the tension.
- **Observers:** Pay attention to how the de-escalator's words and actions shift the situation.

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Real scenarios - Role Play

Scenario 3: Social Media Conflict

Two friends have an argument online about a controversial topic. The comments escalate into insults like, “You’re so clueless! Why do I even talk to you?”

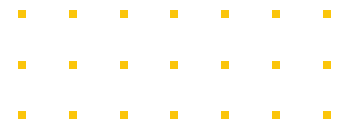
- **Aggressor:** The person using insulting language.
- **De-Escalator:** A friend or classmate who steps in, urging both sides to pause, calm down, and express their points respectfully.
- **Observers:** Identify what helped de-escalate the situation and how emotional intelligence was applied.

Scenario 4: Heated Argument Between Friends

Two friends argue because one didn’t show up to an important event. One yells, “You’re so selfish! You only care about yourself!”

- **Aggressor:** The friend expressing anger.
- **De-Escalator:** The other friend or a mediator who calmly validates the emotions while redirecting the conversation toward understanding and problem-solving.
- **Observers:** Focus on the effectiveness of strategies like active listening and empathy in defusing the anger.

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Real scenarios - Role Play

Scenario 5: Rumor-Spreading Incident

A student finds out that a classmate has been spreading false rumors about them. They confront the classmate loudly in the school cafeteria: “Why are you lying about me?!”

- **Aggressor:** The upset student confronting their peer.
- **De-Escalator:** Another peer who steps in to mediate, calming the upset student and encouraging a respectful resolution.
- **Observers:** Watch how emotional regulation and assertive communication impact the resolution.

Scenario 6: Physical Tension During Sports

During a basketball game, a player accuses another of playing dirty and shoves them. The other player retaliates verbally, escalating the situation.

- **Aggressor(s):** The players involved in the initial shove and verbal retaliation.
- **De-Escalator:** A teammate or coach who steps in to de-escalate by calming both players, validating emotions, and refocusing on the game.
- **Observers:** Analyze what actions help calm physical aggression.