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Real Scenarios Workshop: Bridging the Gap in Languages

Objective:

- **Build empathy and adaptability to navigate language barriers.**
- **Practice non-verbal communication and active listening.**
- **Reflect on using emotional intelligence in diverse situations.**

Key Components:

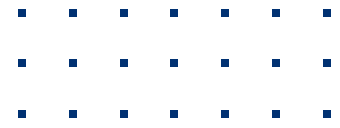
- Exploring the challenges of language barriers
- Simulated real-world.
- Emotional intelligence strategies.
- Problem solving.

Duration:

1 hour



Workshop: Bridging the Gap

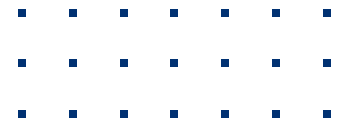


Workshop Overview

This workshop equips students with tools to navigate language barriers using emotional intelligence (EI). Through interactive activities and discussions, participants will develop empathy, adaptability, and non-verbal communication skills.

- **Introduction (5 Minutes).** Briefly explore the challenges of language barriers and the role of EI in overcoming them.
- **Icebreaker: Emotional Charades (10 Minutes).** A fun activity to warm up participants to the concepts of non-verbal communication and recognizing emotions.
- **Marketplace Challenge (30 Minutes).** A simulated marketplace scenario where students use gestures, limited language, and emotional intelligence to communicate and achieve their goals.
- **Reflection and Discussion (10 Minutes).** Participants share their experiences, discuss effective strategies, and reflect on how EI skills helped them navigate the challenge.
- **Conclusion (5 Minutes).** Recap the importance of empathy, patience, and adaptability in overcoming language barriers and encourage participants to apply these skills in real-life situations.

Workshop: Bridging the Gap



Introduction

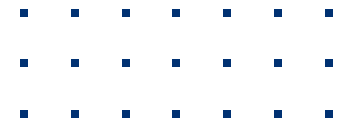
Set the stage for the workshop by introducing the topic and establishing the connection between language barriers and emotional intelligence.

The introduction focuses on why language barriers can be challenging and how emotional intelligence—such as empathy, patience, and adaptability—can help bridge communication gaps. Facilitators will briefly highlight the importance of non-verbal cues, active listening, and emotional awareness as tools for effective communication in diverse scenarios.



Workshop:

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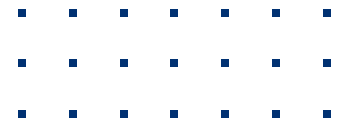
Emotional Charades

Warm up participants and help them recognize emotions through non-verbal communication.

This activity encourages participants to explore how emotions can be conveyed and understood without words. By acting out and guessing emotions, students will gain insights into the universality of emotional expressions and the importance of tuning into non-verbal signals. This exercise lays a foundation for the main activity by emphasizing empathy and observation.



Workshop: Bridging the Gap



Marketplace Challenge

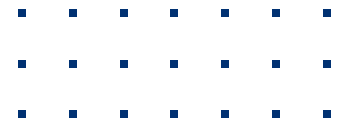


Provide a hands-on experience where participants practice communication in a setting with language barriers.

The Marketplace Challenge simulates a real-world scenario where participants must achieve a goal—completing a shopping list—despite language challenges. They will need to rely on gestures, limited vocabulary, and emotional intelligence to communicate with “vendors,” who exhibit various communication styles.

This immersive activity underscores the role of patience, creativity, and adaptability in overcoming communication difficulties. It also allows participants to experience emotions like frustration or satisfaction, reinforcing the value of maintaining emotional control and showing empathy in challenging interactions.

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Reflection and Discussion

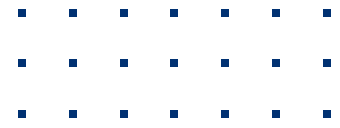
Help participants process their experiences and connect them to broader concepts of emotional intelligence and real-life applications.

After the Marketplace Challenge, participants will discuss their emotions, strategies, and successes during the activity. This discussion will highlight key emotional intelligence skills they used, such as empathy (understanding the vendors' perspectives), adaptability (adjusting their communication approach), and active listening (picking up on subtle cues). By reflecting on these experiences, students will gain a deeper understanding of how these skills can be applied in real-world scenarios like traveling abroad, working in diverse teams, or helping others in need.



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Conclusion

Reinforce key takeaways and inspire participants to apply what they've learned.

The workshop concludes by summarizing the main points:

- Emotional intelligence is a critical tool for overcoming language barriers.
- Non-verbal communication, empathy, and adaptability can create meaningful connections when words fall short.

Participants will be encouraged to reflect on how they can use these skills in their daily lives and to recognize the power of emotional intelligence in fostering understanding and collaboration across cultural and linguistic divides.





Instructions for Teachers

Objective:

- Help students understand how emotional intelligence (EI) can overcome language barriers;
- Guide participants in practicing non-verbal communication and emotional adaptability;
- Facilitate reflection on the role of EI in fostering effective communication and empathy.

Duration: 1 hour

Materials Needed:

- **Emotion Cards:** Cards with different emotions written or illustrated (e.g., frustration, joy, confusion).
- **Role Cards for Vendors:** Pre-prepared cards describing vendor roles, items for sale, and communication styles.
- **Shopping Lists:** Lists of items for each team to “buy” during the Marketplace Challenge.
- **Simple Currency:** Tokens, slips of paper, or other props to represent money.
- **Item Representations:** Drawings, written names, or physical props to symbolize items for sale.
- **Whiteboard or Chart Paper:** For listing key reflections during the discussion. (optional)
- **Pens and Paper:** For participants to write personal takeaways during the reflection. (optional)

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Workshop step by step

Step 1. Introduction (5 minutes)

Set the Context:

- Briefly explain the importance of communication and challenges posed by language barriers.
- Share the workshop's objective: "We're exploring how emotional intelligence—empathy, patience, and adaptability—can help us connect even when words fail."

Engage the Group:

- Ask a quick discussion question: "What emotions or strategies help when communication breaks down?"

Icebreaker: Emotional Charades (10 Minutes)

Divide into Groups:

- Split participants into small groups of 3–4 students.

Explain the Activity:

- Each group will take turns acting out an emotion from provided emotion cards (e.g., frustration, joy, confusion) using only gestures and facial expressions.

Facilitate the Discussion:

- After each round, ask:
 - "How did you recognize the emotion without words?"
 - "Why is understanding emotions important when language is a barrier?"

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Main Activity: Marketplace Challenge (30 Minutes)

Set the Scene

- Explain the scenario:
 - “You’ve arrived at a bustling marketplace in a foreign country. You must complete your shopping list, but the vendors don’t speak your language. Use gestures, limited words, and emotional intelligence to communicate.”
- Divide participants into teams of 3–5 and provide each team:
 - A shopping list.
 - A set amount of currency (e.g., 10 tokens).
 - Assign roles to facilitators or peers as vendors and set up “stalls” for different items.

Marketplace Activity

- Each team visits the vendors to complete their shopping list.
- Vendors role-play as follows:
 - Fruit Vendor
 - Items for Sale: Apple, Banana, Orange.
 - Communication Style: Uses only gestures, such as pointing and miming. (You can make it more difficult by allowing the participants only to do gestures too, no talking).
 - Roleplay Tip: Respond with exaggerated gestures to make interactions challenging and fun.
 - Clothing Vendor
 - Items for Sale: Scarf, Hat, Shirt.
 - Communication Style: Limited English with phrases like, “What size? Color?”
 - Roleplay Tip: Repeat phrases and encourage participants to use gestures or drawings to describe what they need.



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- Tool Vendor
 - Items for Sale: Hammer, Wrench, Nails.
 - Communication Style: Speaks quickly and incomprehensibly to simulate an unfamiliar language.
 - Roleplay Tip: Slow down only when participants show patience and empathy.

Wrap Up:

- Once all teams have completed their shopping lists, gather everyone back together.
- Briefly ask each team about their experience:
 - “What was the most challenging part?”
 - “How did you solve communication problems?”

Reflection and Discussion (10 Minutes)

Lead a group discussion to unpack the activity:

- “What emotions did you experience during the challenge?”
- “What strategies helped you communicate effectively?”
- “Which emotional intelligence skills—like empathy or adaptability—were the most useful?”
 - Highlight real-life applications:
 - “How can these skills help in situations like traveling abroad, working with diverse teams, or supporting others with language challenges?”

Conclusion (5 Minutes)

Recap the key takeaways:

- Emotional intelligence is essential for overcoming language barriers.
- Skills like empathy, patience, and adaptability improve communication and foster connection.
 - Encourage participants to reflect on how they can apply these skills in their daily lives.



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Tips for teachers:

- **Create a Supportive Environment:** Encourage students to take risks and learn from their mistakes. Foster a safe space where they feel comfortable experimenting with communication strategies.
- **Model Empathy and Patience:** Demonstrate patience and empathy, especially when guiding students through the Marketplace Challenge. Your behavior will influence how students engage with each other.
- **Adapt to Needs:** If some teams are struggling, provide additional guidance or hints to help them communicate more effectively.
- **Use Non-Verbal Communication:** Emphasize the importance of body language, gestures, and facial expressions throughout the activities to reinforce these concepts.

Follow-Up Activity at Home:

Ask students to interact with someone who speaks a different language, focusing on non-verbal communication and emotional intelligence. Afterward, they should write a reflection on their experience, noting the emotions they felt, how they adapted their communication, and which emotional intelligence skills helped them most.

Assessment:

Assess student participation during the Marketplace Challenge, observing their use of emotional intelligence, non-verbal communication, and problem-solving. Review their reflections from both the group discussion and follow-up activity to gauge their understanding of applying emotional intelligence in real-life scenarios.



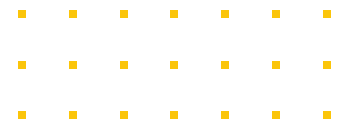
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Final Notes:

- **Adjust for Group Needs:** Tailor activities and discussions based on the group's experience level and age.
- **Encourage Ongoing Practice:** Remind students that emotional intelligence is a skill that improves with practice. Encourage them to continue applying these techniques in everyday situations.
- **Celebrate Successes:** Acknowledge students' efforts and growth throughout the workshop, highlighting specific examples of empathy, creativity, and teamwork.



TOOLS



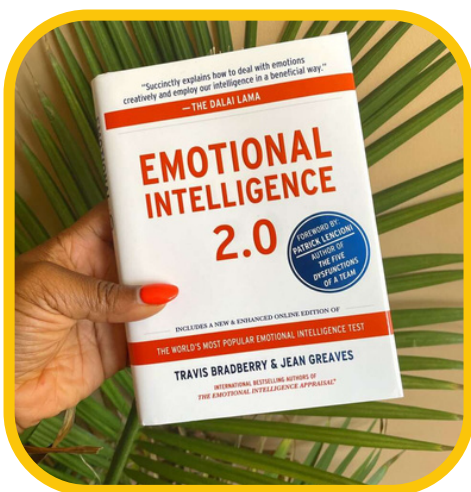
App - How We Feel



How We Feel is a free app created by scientists, designers, engineers, and therapists to help people better understand their emotions and find strategies to help them navigate their emotions in the moment.

[LINK](#)

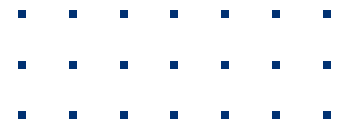
"Emotional Intelligence 2.0"



A practical guide to developing EI skills, with strategies for self-awareness, self-management, social awareness, and relationship management, by Travis Bradberry & Jean Greaves



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