

Module 1

Relationships: Feeling good with Myself and Others

ACTIVITIES



PR.I.S.C.I.LLA
Preventing Incident of Sexual Cyberbullying
in Intellectual disability



1

Activity 1

Emotion detectives

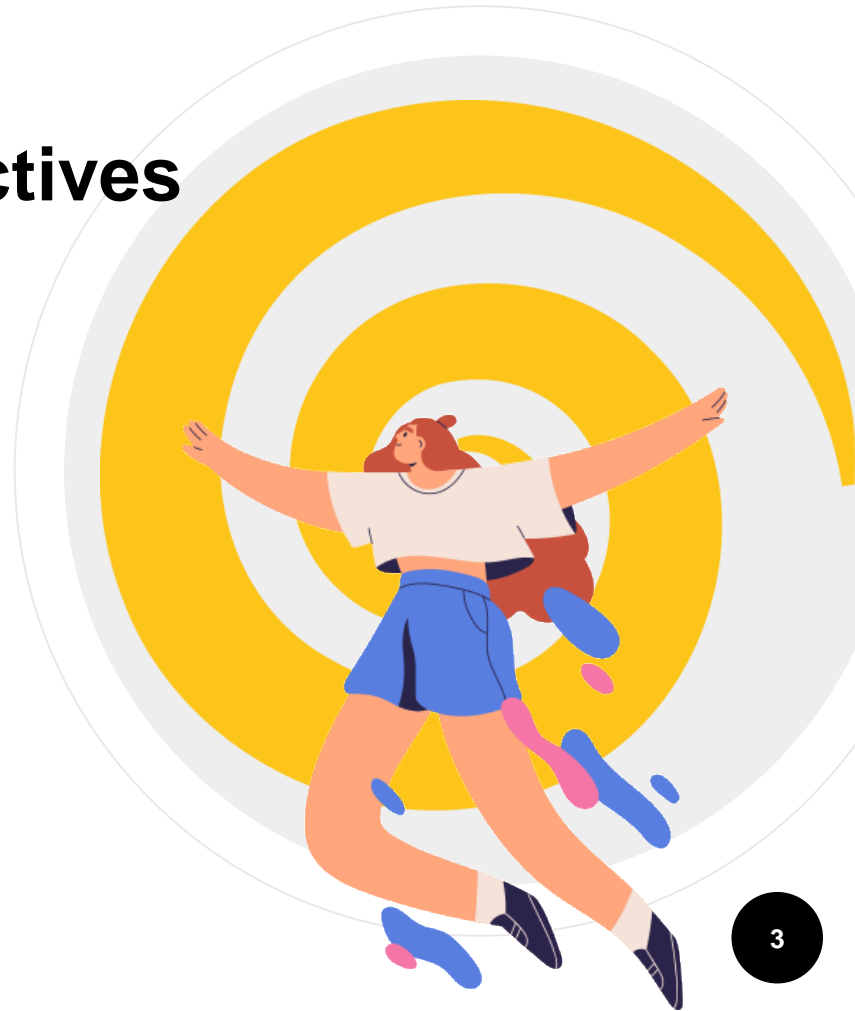


Activity 1 – Emotion detectives

Now, we will read a short story together.

You will need to choose the emotion that best matches what the main character is feeling.

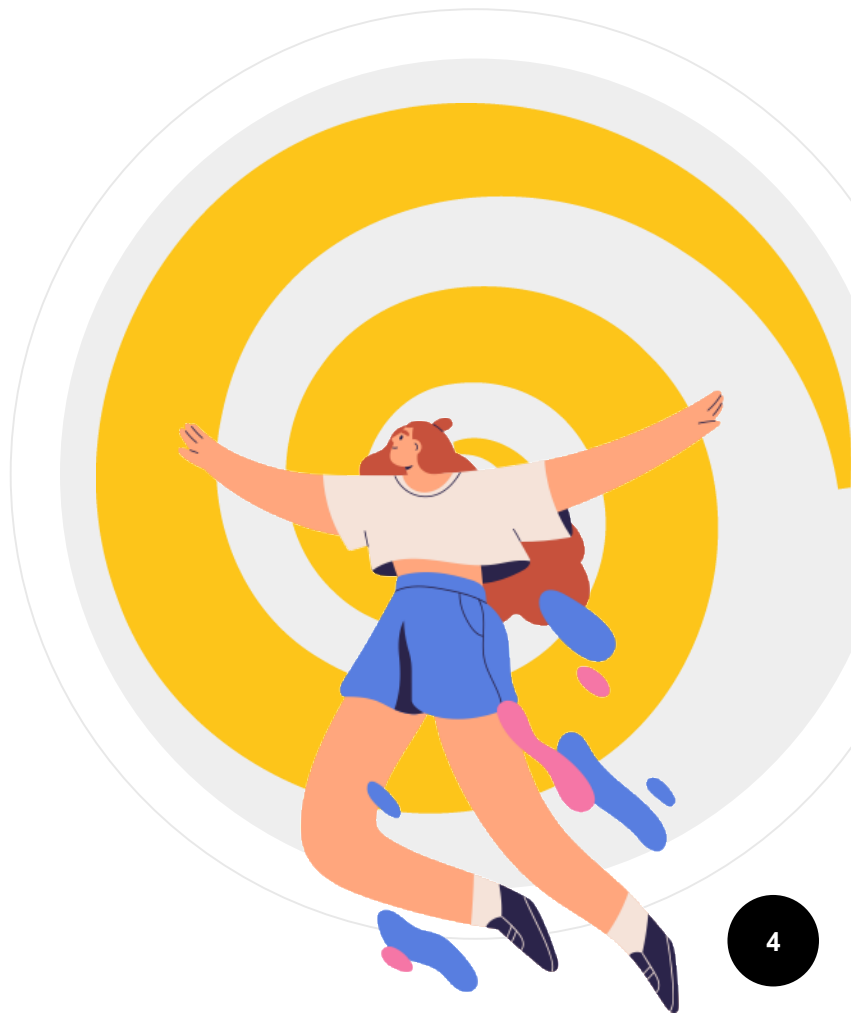
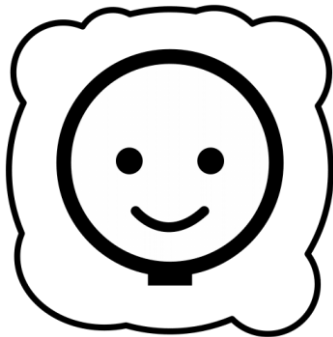
Are you ready?



Warm up

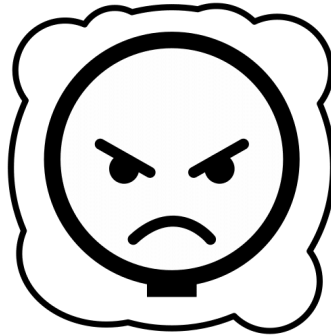
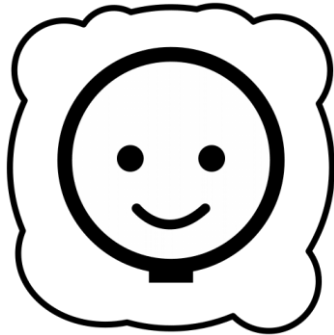
But first, to warm up, let's try working together!

"What emotion is that? When do you feel this way?"



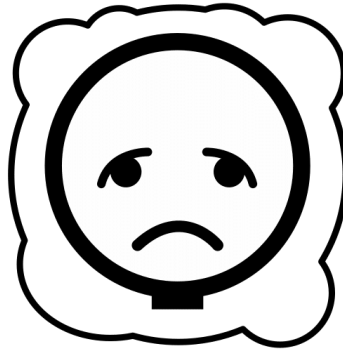
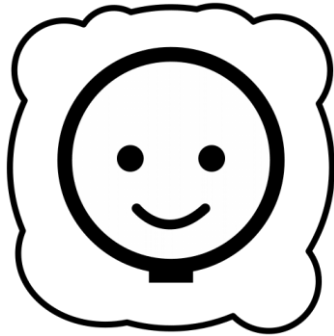
Emotion Detectives part1

"Anna is playing in the park with her best friend. They are laughing and having fun. How does Anna feel?"



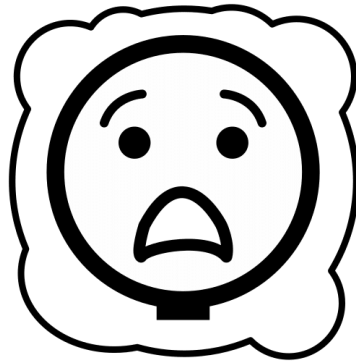
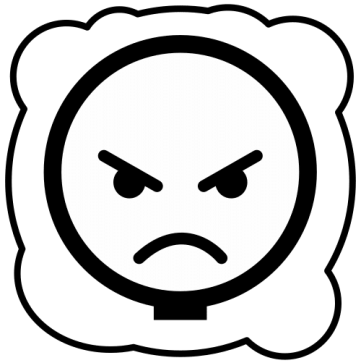
Emotion Detectives part1

"Tom's ice cream fell on the floor and he can't eat it anymore. How does Tom feel?"



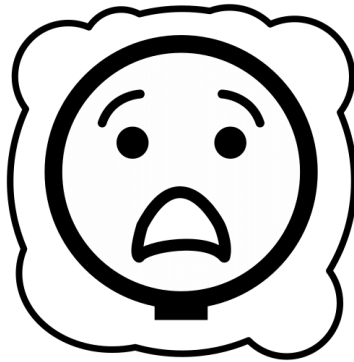
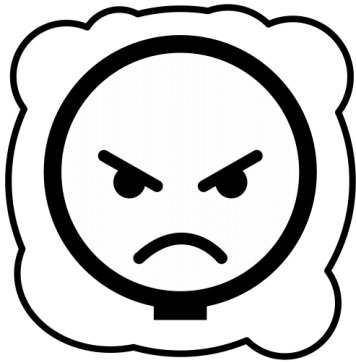
Emotion Detectives part1

"Sarah's little brother broke her favourite toy and now she can't play with it. How does Sarah feel?"



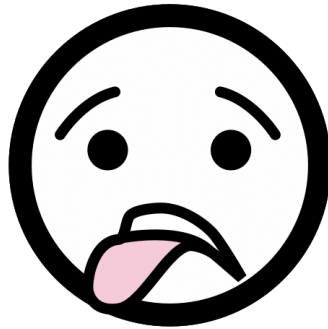
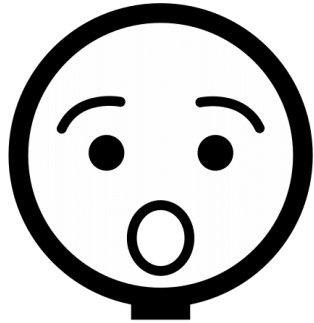
Emotion Detectives part1

"John is outside and he hears a loud thunderstorm with bright lightning. He quickly runs inside. How does John feel?"



Emotion Detectives part1

"Emma's friends gave her a surprise birthday party. When she walked into the room, everyone shouted, 'Surprise! How does Emma feel?'"



Emotion Detectives - Part 2

"These two friends have gone out for ice cream on a sunny day.

They are having fun and enjoying each other's company.

What emotion do you think they are feeling?



Photo by [Freepik](#)

Emotion Detectives - Part 2

" These two friends are fighting because one of them accidentally broke a promise.

How do you think they feel?"



Photo by Liza Summer on [Pexels](#)

Emotion Detectives - Part 2

"This person wanted to join the group but was too shy to ask.

She feels left out while everyone else is laughing.

How do you think she feels?"



Photo by [Freepik](#)

Emotion Detectives - Part 2

"This person surprised their partner with flowers for their special anniversary.

The partner wasn't expecting this gift.

What emotion do you think they are feeling?"



Photo by [Freepik](#)

Emotion Detectives - Part 2

“These two people were in a loving relationship but have just broken up.

How do you think they feel?”



Photo by RDNE Stock project on [Pexels](#)

2

LOVE OR FRIENDSHIP?



Option 1: Group reflection

- Read these two situations and the short talks that go with them. Look at what they say to each other and decide: Which situation shows love? Which situation shows friendship?

Scenario 1

Description: Mary has accepted Fred's friendship on Facebook. Mary and Fred have fun together talking about their favourite video games. Sometimes, they exchange messages to catch up on each other's day. When she thinks about Fred, Mary does not want to meet him in person to hug or kiss him, but she likes to keep playing, laughing and talking with him. Fred also behaves in the same way with Mary and her other online friends.

Mary: 'Hi, have you tried the last level of our video game? It's hard to beat!'

Fred: 'Yes, I tried it yesterday and lost three times. Shall we try again tomorrow?'

Mary: 'Yes, good idea! Let's hope we win lol'

Scenario 2

Description: Amy and David are friends on Facebook because they share the same hobby. For some time, they've been chatting a lot and having fun together. They understand each other and talk about everything. Amy feels her heart beat faster when she thinks of David, and David gets excited every time he receives a message from her. One day, Amy decides to take the first step and asks him to meet. David is also happy and accepts immediately, already proposing to become a couple.

Amy: 'I like talking to you so much, I would like to see you in person. When shall we meet?'

David: 'I can't wait to see you too! Do you ever think of us as a couple?'

Amy: 'Yes, it would be wonderful. I feel so special when we talk.'

Option 2: Role-play

- We will read scenarios 1 and 2 together.
- We divide into pairs or small groups and each group is given a scenario to act out.
- Participants take turns to act out the scenario, focusing on the emotions, behaviours and communication that distinguish friendship from love.

Group reflection

"What behaviours and emotions did you notice in the scenario? How did the characters show friendship or love?"

3

IDENTIFYING HEALTHY AND UNHEALTHY RELATIONSHIPS





Scenario 1

John and Emily are in a romantic relationship and often chat online.

Emily: 'Why didn't you answer me right away? Were you talking to someone else?'

John: 'No, I was helping my little brother with his homework. I'm sorry I didn't answer you.'

Emily: 'You have to answer me right away and never talk to other girls, otherwise it means you don't really love me.'

John: 'I'm sorry, you're right. I don't want you to be angry with me.'

Scenario 2

John and Emily are on a date and text each other every day.

Emily: 'Hi, I've had a tough day today. Do you want to have a video call later?

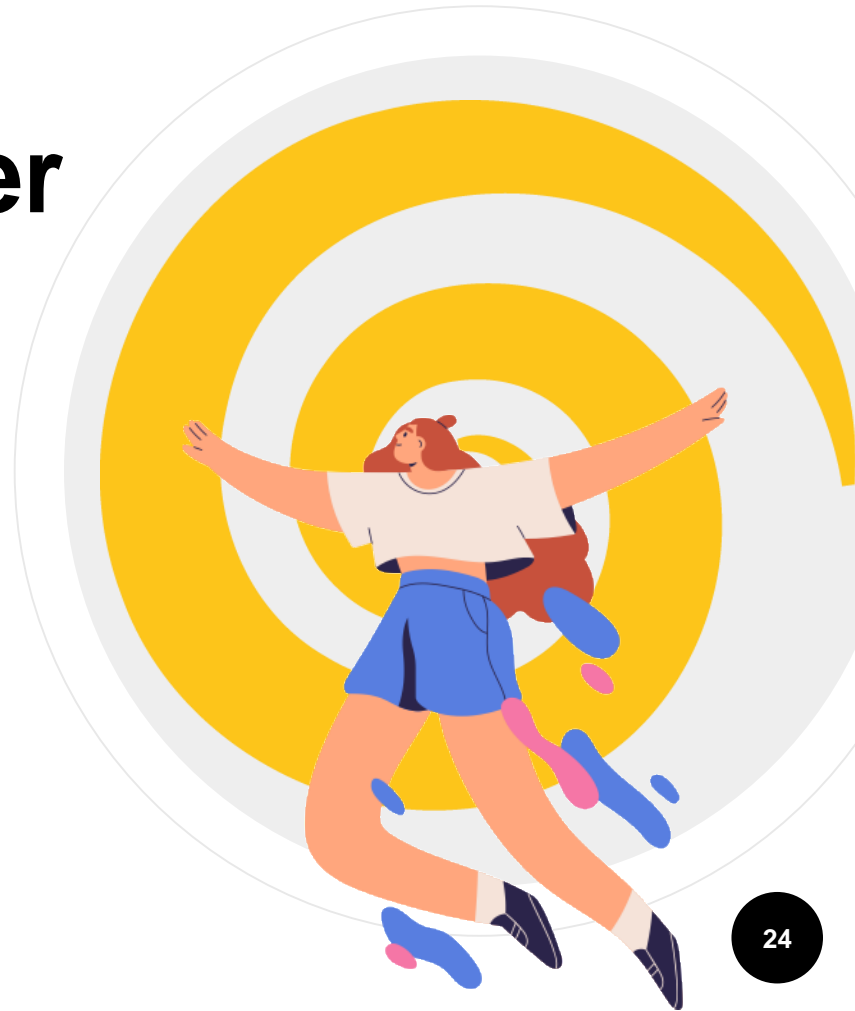
John: 'Sure, let me know when you're free. I want to hear from you too!

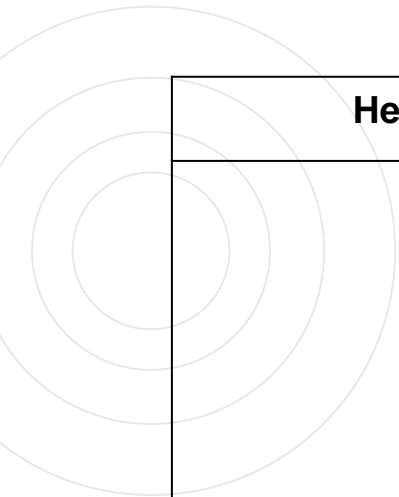
Emily: 'Thanks, you're always so kind. If you can't, we can talk tomorrow'

John: 'No, I want to talk to you. I want to know how you are.'

Let's work together

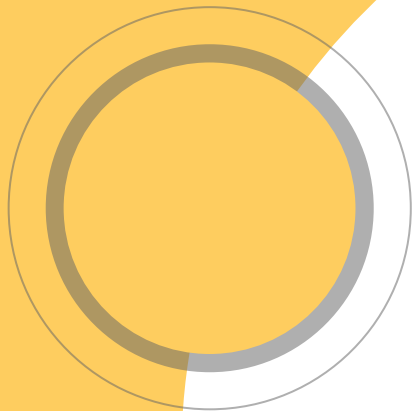
Now that we have read the scenarios, we need to decide which behaviours are healthy and which are not.





Healthy Signals	Toxic Signals





ThankYOU



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