

2018



PUPILS' MODULE: EMOTIONS TIED HANDS



METAMINDS | METACOGNITION IN EUROPEAN TEACHING
ACTIVATING MINDS THROUGH THE IMPLEMENTATION OF NEW DEVELOPMENT STRATEGIES
www.metamindserasmusplus.eu

Tied Hands

INDICATOR Be able to self-assess emotional skills.

METACOGNITIVE GOALS

- Identify several emotions that we feel during the activity
- Recognise how we manage the emotion

TARGET GROUP: 12 -14 years old pupils

TIME

Approximately 1 h:

Explaining and preparing the activity needs just 10 minutes.

The game can last 30 minutes or more.

After that the feedback can be done in around 15 minutes.

MATERIAL

- One chair for each pupil
- One pen per pupil
- One table per pairs
- One cord or string of 40 cm per pair

ORGANISATION

- This activity can be done with the whole group at the same time.
- The feedback can be done with all the group or in small groups of 5-6 pupils.

Step by step instructions: Detailed explanations of the activity for someone who has never done it before):

1. The teacher stands in front of the group and gives them a general explanation of the game and the goals.
2. The pupils join tables and chairs in pairs.
3. Every pupil takes a pen.
4. The teacher gives a cord to each pair and help them tie their closer hands with it.
5. The teacher gives every pupil a paper sheet.
6. The teacher explains them that they have to draw a landscape with their tied hands.
7. Pupils start drawing for 20 minutes.
8. The teacher observes how they develop their creations and how they manage the issue of drawing with tied hands.
9. After 20 minutes, the teacher allows them to free themselves untying their knots.
10. Pupils have to sign and write their names in in the back of the drawing.
11. The teacher collects all the drawings.
12. The teacher asks the class to sit in a circle. And starts the reflection phase giving them the instructions of the feedback of the activity. It can be done answering a written questionnaire or asking the same questions out loud.
13. The teacher shows the drawings to the pupils and asks them to try and guess who the authors are.

OBSERVATION / ASSESSMENT CRITERIA

In this game there are not winners or losers. The feedback can be done by answering some of following questions:

Tied hands (drawing a landscape)

- Before starting drawing, once the teacher explained you the task, which emotion did you have? What did you think? How did you feel?
- Did this emotion, thought or feeling change after you started drawing?
- Why do you think that it changed? What was the new emotion, thought or feeling? What provoked it? Is there anything that helped you? How did you react?
- Explain how you and the friend whose hand was tied with yours managed to complete the task? Which steps did you follow?
- How did you feel once you had finished the task before untying the knots?

Free hands (signing and writing names):

- How did you feel when your hands were free again?
- How did you feel once you had written down your name without depending on anyone?
- Why did you feel like that? What did you do? What did you think? How did you react?

Day by day life application:

- Which reflection did you do with this activity? What have you learnt? Is there anything different in you or in the way you think after the activity?

Metateens - Emotions: Tied Hands

- Do you think that this activity can help you for situations in your future daily life?

General Assessment:

- Did you like it? Give it a score from 1 to 10.
- Express in one word your feelings about the activity.
- Would you like to suggest any improvement measures: Is there anything you would like to change? Why?