

WEEK 3

GROUP ACTIVITY

RECOGNIZING EMOTIONS OF OTHERS 10-15 MINUTES

Now that we have discussed how to recognize this change of emotions within ourselves, it is important to learn how to recognize it in others. We are going to do an activity where you will learn to recognize different emotions. Being able to better identify the responses of others to emotions will allow you to better be able to understand when you are beginning to behave in a manner that may not be beneficial to you or others.

Play videos, clips, or use vignettes for examples of different emotions. (Click on the emotions listed below to be routed to short movie clips demonstrating the following emotional states.)

- **Irritability:** <https://www.youtube.com/watch?v=6dncx6O5J4U>
- **Panicked/Overwhelmed:** <https://www.youtube.com/watch?v=lW2JBSaXUI>
- **Depression:** https://www.youtube.com/watch?v=KoRkv5zY_io
- **Anger/Impulsivity:** <https://www.youtube.com/watch?v=iuosfJ8Ki7Y>
- **Indecisiveness:** <https://www.youtube.com/watch?v=AVAMX8XFNZs&t=7s>

What did you notice in each of the enclosed videos?