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Edu4Impact LTTA – Case study 1

General Information

- **Activity name**: Z live
- **SEL Training Area**: Self-Awareness

1. Objective of the Activity

What is the main goal of your activity? What do you want participants to learn or develop?

It consists of playing any cooperative game, and the moment the group or any member of the group becomes agitated or loses control of their emotions. The coach will say STOP and instruct the person who needs to place his/her hand on a part of his/her body where he/she feels a negative emotion, and then move hand to another part of his/her body changing the emotion to a positive one. In this way, the participant becomes aware of his/her emotions and better channels the negative one into a positive and more useful one.

2. Target Group

Who is this activity designed for? Be as specific as possible.

- **Type of participants**: Everyone
- **Age range**: All ages
- **Specific needs (if any)**: Soft floor

3. Description of the Activity

Describe the activity step by step so that others can replicate it (e.g. intro, development, wrap-up – debriefing)

Objectives:

- Self conscience
- Enjoy the activity
- Share the emotions
- Learn patience with yourself and with others.

4. SEL Competence / Skill Developed

Which SEL competence(s) does your activity target? (Self-awareness; Social awareness; Responsible decision-making; Self-management; Relationship skills)

Explain how this competence is developed through the activity:

Self-awareness: To have the ability to stop during the activity and think about one's own emotions and those of others.

5. Materials and Space Needed

What do you need to implement this activity?

- Soft floor
- Soft ball
- T-Shirts with two colors

6. Adaptation to Different Contexts

How does this activity fit your professional context?

Include different types of activities, sports and all types of group sports. In individual or group sports.

7. Expected Outcomes

What changes do you expect in participants after this activity?

It has helped me to include or adapt sports practice more focused on relaxation and self-awareness.