









## “How do I feel by the end of the first day”

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|    | <u>time frame:</u> 1 hour  |
|    | <u>location:</u> a room  |
|    | <u>participants:</u> 6 – 20  |
|    | <u>material:</u><br>-  |
|    | <u>procedure:</u><br>We sit in a circle and we will tell in turn «How do I feel by the end of the first day». We speak individually and the answer should be: «I feel.....because.....». At the same time one colleague will keep notes so as to give us a feedback. |
|  | <u>goal / purpose:</u><br>To estimate and evaluate the emotional and learning process, to receive and give feedback  |
|  | <u>Questions for discussion:</u><br>In this process each one speaks in his / her turn without any interruptions. They can have a second circle.<br>The observers gives a feedback at the end   |
|  | <u>Source:</u><br>Movement “PROTASI” – Centre of Creative Occupation –<br>Project: “training of volunteers”  |