

BREAKING THE CYCLE OF VIOLENCE



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MINISTRY FOR JUSTICE,
EQUALITY AND GOVERNANCE

FOURTH SESSION -EMOTIONS

- 5.00 - 5.15 Round Robin
- 5.15 - 6.00 Identify emotions
- 6.00 - 6.30 Break
- 6.30 - 7.15 Earliest recollections
- 7.15 - 7.30 Closure - commitment to self

ACTIVITY

- Participants were asked to bring an object, symbol of their choice.
- They are asked to share with group importance of object, recollections etc.
- Emotions elicited are explored

EMOTIONS

- brainstorming on emotions
- Individual activity to choose 5 most familiar emotions
- Share and discuss in pairs : what triggers emotions, what helps to control emotions
- In bigger group
 - similarities/ differences
 - process, encourage and empower

EARLIEST RECOLLECTIONS

To explore earliest recollections:

- How they influence our lives today?
- Whether they still feel the same emotions?
- Whether they changed?
- How and why?

TERMINATION OF SESSION

- Closure of session
- Positive reinforcement
- Commitment to self - individually and in team