

TRAINING ACTIVITY “EMOTIONAL LEARNING”

ACTIVITY DESCRIPTION

Learners will complete two visual exercises and describe their emotions .

Instructions:

- ?? Have the class close their eyes and remember their most pleasant, sensual, sexual experience. Give them a few minutes to do so, and then ask them to turn to the person next to them and describe it. (Very few, if any will be able to. Most will be embarrassed and unable to find the words to describe anything so personal).
- ?? Now have the class close their eyes and read a traumatic sex crime step by step to them. (Use a police report if it is helpful)
- ?? Have the class open their eyes and describe their feelings to the person next to them.
- ?? Discuss how hard it is to describe feelings of an emotional, sexual nature to a stranger whether good or bad. Imagine how a rape victim feels having to describe these things to a complete stranger even if they are an officer or investigator.

KEY LEARNING POINTS

This activity will challenge each learner to understand how emotions affect our ability to accurately provide information.

VARIATIONS

?? None

RESOURCES NEEDED

?? None

SOURCE

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