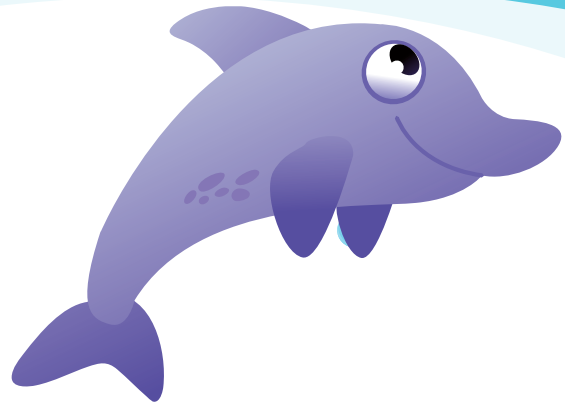




EMOTION

Emotional role playing, social abilities and debate



Emotion stems from Educational Coaching, educational psychology and pedagogy. It engages children in activities and exercises associated with techniques such as role playing, speech and debate in order to develop social skills, communication and emotional intelligence. The aim is for our students to improve their flexibility, adaptability and capacity for emotional management and teamwork as well as good communication skills and critical and creative thinking ability. It pursues the strengthening of leadership in students, but also empathy and the flexibility to assume different roles and make the most of each.

Role playing is a technique also known as dramatization or simulation and it consists in representing situations that may occur in real life, acting according to a given part, so that the child can assume alternative behaviour patterns for situations and conflicts that may arise in their daily life. It promotes the development of emotional intelligence that helps to take the place of another and to imagine the own and the others' emotions and reactions as well as it promotes self-awareness and provides students with a wider range of responses to different situations.

Training in debate improves communication, and specifically verbal, para-verbal and gestural language as well as active listening. Through debate, we will present to the students techniques used for persuading, negotiating, discussing, refusing arguments and, in general, for defending their own ideas intelligently and daringly. It is also a very useful tool for enhancing social skills and for the children to gain self-confidence in order to express themselves and feel esteemed and appreciated by the group as well as to be able to respect and appreciate the contributions from their schoolmates.

In our EMOTION dimension, we ensure the following principles when working on the development of emotional intelligence and communication in children:

- 1. TO LEARN IN AN ACTIVE WAY.** The most powerful kind of learning is the one that is actively experienced. Thus, we turn to role-playing, emotional drama, debates... to recreate past or imaginary situations in which the teacher also serves as a positive role model.
- 2. WORKING HERE AND NOW.** As this is an important source of information concerning the learning process.
- 3. PERSONAL DEVELOPMENT AND SELF-KNOWLEDGE.** Understanding our own and the others' emotional processes, as well as those underlying teams and workgroups, helps to recover motivation and creativity. Knowing oneself is essential for self-acceptance and awareness of how to improve every day to develop positive self-esteem.



4. **COOPERATIVE WORK.** To develop actual teamwork transforms the results as it generates growth in both teams and students.

5. **INTERCONNECTION.** Each one of us is influenced by others. Every student's experience and their decisions about their personal growth and learning should be respected.

Benefits of EMOTION

Through coaching techniques and training in skills such as oratory and debate, our students obtain the following benefits:

- Improved self-concept and self-esteem.
- Growth in social skills and self-confidence.
- Flexibility and improved decision-making.
- Improved communication in general and active listening.
- Development of emotional intelligence and overcoming of limiting emotions.
- Motivation and willingness to change for sustained improvement.

