

## A matter of perspective



### Emotions, affects and feelings



Arithmetic  
Communication  
Integration in the workplace

12



Minimum 2 learners; pair work



5 minutes



- to discover how to reframe negative situations into learning experiences together
- to foster active listening skills
- to share empathy



none



none



1. One participant shares a negative experience in his / her past with another student. Make sure that it is not too drastic.
2. As a next step, he or she discusses the same experience again, but focuses only on the positive aspects. The second participant helps explore the positive aspects of the bad experience.
3. Afterward, they switch roles.



- How do you usually express your complaints?
- Is there something you would like to change in the future?



The personal memory can be replaced with one of the RESET stories