

TOOL 9 - THE IMPACT OF AN IMAGE**Module: IMPACT
Worksheet****Objectives:**

To recognize emotions and gain a broader emotional vocabulary.
Experience the connection between thoughts and emotions.
Really understand how many kinds of influences they are exposed to daily.
Awareness – consider – choose wisely.
Practice teamwork of a creative exercise and noticing their role and contribution.

Materials required:

Books and pencils
Cell phone or camera, one per group
Flip over and markers
Card images

Step by step facilitation instructions:

Co-leaders facilitate a brainstorming of different emotions. Let the group come up with the answers and add own words to the flip chart if needed. Present different slides of pictures, ask them to name out loud what feeling the pictures create in them. Let everyone answer one or more feelings connected to one picture, before presenting the next. Make triads of the group and let them work together in small groups. Ask them to agree on one emotion in the group, then go out and take a picture that will represent that emotion, keep it a secret within the groups. Ask them to send the pictures to one of the trainers. When everyone is back, their pictures are presented one at a time on the screen. The others will guess what emotion was intended, the group with the fewest number of guessings will have the clearest picture. Do a debrief of their experience.

Expected duration

60 minutes

Expected outcomes

Increased vocabulary and understanding of different emotions.
Experiencing how different pictures create emotions.
Learning how to communicate through pictures.
Strengthening their co-creation skills and how to teamwork.
Noticing their role in a team and how this will benefit their future job.
Finding ways to create a wanted impact and feelings in others and in themselves.
Learning different techniques in picture taking and their purpose.

Autism-specific adaptations

Structured instructions and predictable flow - Flexible timing and reduced cognitive load. Environmental adjustments to minimise sensory stress.

VISUAL AND WRITTEN SUPPORT		
TYPICAL EXAMPLES OF WHAT MIGHT BE THE IMPACT CREATED OF THE DIFFERENT PICTURES		
🙄 “Negative” emotions • Sadness • Anger • Fear • Anxiety • Guilt • Shame • Jealousy	😊 “Positive” emotions • Joy • Love • Excitement • Gratitude • Pride • Contentment	😬 Mixed emotions • Surprise • Confusion • Curiosity • Nostalgia • Relief
CHECKLIST • What worked and why: • What did not work as planned: • Number of participants who engaged: • Step 1 completed: • Step 2 completed: • Step 3 completed: • Debrief completed:		
VISUAL SUPPORT		
		











