

Sample Group Activity To Develop Understanding of the Power of Words

Group leader: Provide paper, pencil, and a surface for writing.

Procedure: Read the following statement:

“People consistently inform us of their feelings, either verbally or non-verbally. If we listen carefully, they will communicate their innermost emotions. However, in order to recognize those emotions, we must speak the same vocabulary. This activity is designed to help all of us develop a common vocabulary.”

Step 1: Remember a wonderful experience that you had within the past year. Write down descriptor words (adjectives, adverbs, etc.) that would describe that experience. Be sure that the words tell how you felt, not what the actual experience entailed.

Step 2: Now remember an unpleasant experience that you’ve had within the past year. Again write down the descriptor words that describe how you felt.

Step 3: Now record the words that describe how you feel at this very moment.

Step 4: In silence, look at the floor beneath you with your head hung low for 3 minutes. Afterwards, record words that come to mind that reflect your feelings.

Step 5: In silence, look up at the ceiling or sky with your chin up for 3 minutes. Afterwards, record words that come to mind that reflect your feelings.

Step 6: Using all five of your lists, work with other class participants to develop a master list of feeling words. Classify the words into pleasant feelings/unpleasant feelings. Are there any commonalities? Did the physical positioning of your body create additional words for either list?

Step 7: Combine your list of words with other class participants.

How important is it to have a feeling word vocabulary in order to communicate within a group or between individuals?