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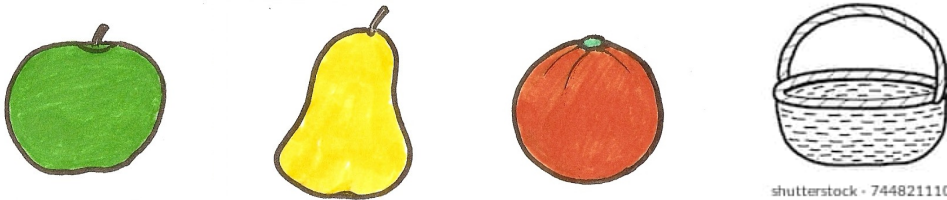
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A Basket Full of Emotions

This activity aims to intensify team building but also to emphasize common “emotions” and “feelings”. It leads to a stronger sense of togetherness.

The questions asked depend of the situation/context in which the exercise is carried through and can be changed according to current needs of the group involved.

You need: a basket drawn on a strong paper and for each participant an apple, a pear and an orange (drawings of about 7 cm in diameter)



Participants are asked to write “Emotions” in each fruit in answer to the following questions:

Apple: Write an emotion related to your belonging to the European Union

Pear: Write an emotion related to the cultural heritage of Europe

Orange: Write an emotion related to our first transnational meeting in Olching

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All answers are read aloud and symbolically put down into the basket and so kept fairly close together. The result is a basket opulently filled with “Emotions” which conveys solidarity and togetherness.

The same exercise could be made with birds on a line/cord.

