

A Day in the Life

Infusing Emotional Intelligence into Out-of-School Time

Video 1

Activity Summary: In this activity, staff follow a read-aloud script that helps them to consider all of the emotions they may feel in a day. This activity is designed to help staff understand that we - and our youth - experience many emotions in one day, and that these emotions can help or hinder us.

Materials

- Facilitator script (see page 2)

Time: 20 minutes (includes viewing the video)

Facilitator Directions

[View Video 1: Infusing Emotional Intelligence into Out-of-School Time.](#)

Read the script on page 2 (or [use this audio clip](#)) to guide staff through all emotions they may feel in a day:

After listening to the reflection, pick 2 or 3 of the following questions to reflect on in pairs, in small groups, or individually.

- *What did you notice about your typical day?*
- *What emotions do you tend to experience throughout an average day?*
- *What did you learn from the reflection?*
- *Was there anything that surprised you?*
- *How do you think your emotions may have affected your work?*

Debrief the activity as a group. Reinforce the following:

- Emotions are information.
- Both pleasant and unpleasant emotions can be helpful.
- Review the [Emotions Matter Tip Sheet](#) for more information.

A Day in the Life - Facilitator Script

Infusing Emotional Intelligence into Out-of-School Time

Video 1

"We are going to take a few minutes to journey through the different feelings you experience during a typical weekday, from the moment you wake up, to the moments before you fall asleep. I'll be asking you to notice what emotions come up for you as you move from morning till evening.

To get started, please get comfortable wherever you're sitting. Feel free to close your eyes, if you feel comfortable doing so, or gaze downward. You may want to take a deep breath in and out to clear your mind.

Now imagine that it's early morning on your typical weekday. Maybe your alarm is going off. Maybe you wake up on your own. When you first open your eyes, anticipating the day ahead, how are you feeling?

You go through your typical routine to prepare for the day ahead. Getting dressed, perhaps you're eating, perhaps you're not. And then you're off to start your day - whether that be a commute to work or going to your workspace. Maybe you're calling or texting a friend, or maybe you're absorbed in your own thoughts. What emotions do you notice?

Now think about when you get to your destination. Maybe the area is noisy; maybe it's quiet. You're walking immediately to an activity area, or you're taking a moment to talk to youth or colleagues as you make your way. What emotions do you notice?

Think about your afternoon. Maybe you have more structured time, more activity time, or planning time. Or maybe you have unstructured time before you're heading home. What emotions do you notice?

Now think about what you typically do after your day ends from your commute through the rest of the evening—during afternoon responsibilities, through dinner time, through the rest of your night. As you're reflecting on the day behind you and anticipating the day ahead, what emotions come up for you? What do you notice?

Finally, think about the hour before you go to bed on your typical day. Maybe it's busy and rushed, where you collapse into bed. Or maybe you'll enjoy some peace and quiet. Maybe you drift quickly off to sleep. Notice your emotions as you close your eyes. What are you feeling?

And as you let yourself drift off to sleep, please come back to my voice. Appreciate yourself for taking the time to journey through this typical weekday."