

# EMOTiON TaLK

After conducting the activity called Emotion Walk discuss:

- How did we reflect insecurity? What did we do with our faces? our bodies? the way we walked?
- How do people reflect insecurity in the way they talk?
- Where do we see insecurity in other people at home? at school? on the street? among our friends?
- When do we see insecurity within ourselves?
- Where do feelings of insecurity come from?
- With which people or in which situations do we feel most insecure?
- With which people or in which situations do we feel most secure?
- What makes the difference between feeling secure and feeling insecure?
- Some say that *all* people feel insecure. Do you agree or disagree? Explain.
- How do you think God feels about our feelings of insecurity? What do you imagine might be God's answer to insecurity?

## EMOTiON WaLK

Recruit a volunteer for an "emotion walk." Ask the volunteer to walk the length of the room and let his or her face and posture reflect the feelings that you call out. As the volunteer walks, call out one of these feelings:

- anger
- love
- loneliness
- happiness
- hate
- fear

Repeat with other volunteers and other feelings. Conclude with asking all group members to reflect the feeling of insecurity.