

Experimentation of the Teaching Source “Celebrating your school’s 100th anniversary”

Web link:

https://www.obessu.org/site/assets/files/1983/coloured_glasses_manual_2016_final_2.pdf

<i>Level of difficulty</i>	<i>Name of the partner school</i>	<i>Name of the teacher(s) involved</i>
<i>Medium</i>	<i>EuroEd School Iasi</i>	<i>Elza Gheorghiu, Gabriela Pascal</i>

Description of the experience

Number of students and age range: 10 students/12year-old

Development of the experience:

I presented the activity, set my students into four groups and assigned them the tasks. They completed the first round enthusiastically but got really frustrated in the second round when they couldn’t do the tasks because there were so many restrictions to obey. Most of them protested that the tasks were impossible to complete although they had been told they were not allowed to protest and that they had to contain their emotions. The debriefing that followed the simulation raised interesting discussions not only on the importance of human rights in our life but also on self-regulation; the students shared their difficulties, frustrations and emotions related to each round and how they managed to do the task and contain their emotions.

It is very important for the teacher:

- to give clear instructions;
- to organise the stages of the activity very well;
- to ensure that the rules of the game are obeyed

Needs of the classroom to be addressed

I noticed that my students needed more input and practice to increase their sensitivity to Human Rights (especially when experiencing empathy for people stripped of their rights).

My students also struggle with self-regulation; they often don’t know what will help them calm down when they get upset. They are not flexible when things change and might react violently. They need more practice to be able to control impulses and handle stress and frustration.

Validation of the teaching source

The activity has helped me develop my students’ self-regulation skills. The activity with its simulation and discussion is engaging and teaches students how to manage their emotions and behaviour when facing a crisis as well as staying focused and paying attention while doing so.

Testing carried out on June 2021