



## School Activity Sheet

### Building Emotional intelligence and self-Awareness through Mindful practices (2020-2022)

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(KA2 - Cooperation for innovation and the exchange of good practices, KA229 - School Exchange Partnerships)

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**Activity Title: Analysing feelings based on the short film Mindenki**

**School: Școala Gimnazială Titu Maiorescu Iași**

**School subject: Languages & communication**

**Suitable age of children: 10-16**

**Activity objectives:**

- Identify different angles of a conflict in a school situation
- Correlate characters' actions with character traits and emotional states
- Identify the characteristics of psychological manipulation

**Materials needed for the activity:** worksheets (see below), short film Mindenki ([https://www.youtube.com/watch?reload=9&v=OpiiNk\\_iMrE](https://www.youtube.com/watch?reload=9&v=OpiiNk_iMrE)), internet connection, slide-show software (optional), pen, paper

**Activity stages:**

1. Students and teacher watch short film Mindenki.
2. Students are divided in 4 teams, 4-5 members each. Each team works on completing one of the 4 tasks described below. In case your classroom is larger than 20 students,

you can assign Tasks 3 and 4 to two different teams, as their findings are sure to vary, adding different perspectives to the film's interpretation.  
Students' final results can be displayed on a poster or in a slide-show, short video etc.

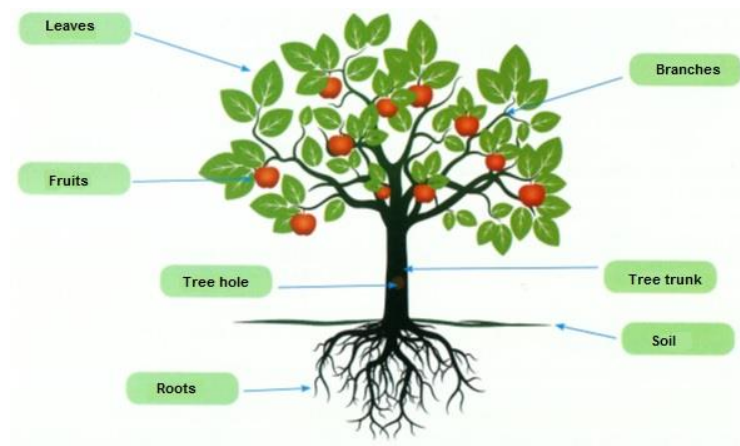
### Task 1: Short presentation of the film

Students fill in the following info:

Film title:  
Director(s):  
Cast:  
Film genre:  
Country:  
Duration:  
Awards:  
Recommended age of viewers:  
Place & time of events presented:  
Who are the characters?  
Short summary:

### Task 2: Sapiro's Tree

Students identify each component of Sapiro's tree



Roots: identify the causes of the issue/conflict (Why is there a conflict between characters?)

Soil: the context of the issue: school setting, family setting etc. (When? Where?)

Tree trunk: characters involved in the conflict: parents, teachers, students (Who takes part?)













Tree hole: summarize the conflict in a sentence (What is the conflict about?)

Branches: Effects of the conflict on the sides involved (How do the characters feel?)

Leaves: concrete actions taken by characters (What do they do?)

Fruits: conflict solutions (How are the issues solved?)

**Task 3: Match each main character with a zodiac sign. Offer at least 3 arguments for the choice.**

 <b>ARIES</b> Takes initiative Dynamic Impulsive Determined	 <b>TAURUS</b> Tenacious Firm Pragmatic Stubborn	 <b>GEMINI</b> Charismatic Talented Perspicacious Unsettled
 <b>CANCER</b> Intuitive Sensitive Sociable Practical	 <b>LEO</b> Optimistic Creative Popular Energetic	 <b>VIRGO</b> Perfectionist Creative Intelligent Single-minded
 <b>LIBRA</b> Intuitive Adventurous Indolent Indecisive	 <b>SCORPIO</b> Resourceful Capable Strong Dominant	 <b>SAGITTARIUS</b> Idealist Empathetic Stubborn Tacitless
 <b>CAPRICORN</b> Workaholic Stubborn Resourceful Franc	 <b>AQUARIUS</b> Creative Mindful Excentric Inflexible	 <b>PISCES</b> Empathetic Adaptable Hyper-sensitive Squanderer

Note: When children characterize the music teacher, ask them why do they think the teacher acted that way? Can they identify some of the teacher's strong points / qualities?

Spend a few minutes analyzing the way she convinces Liza not to leave the school choir (you can re-play the film scene). Is she ethical? Why or why not? How does she make Liza feel? What are the main points of the teacher's argument? How could she have acted in a better way, mindful of Liza's feelings?

**Task 4: Which of the following thoughts on friendship do you think better summarizes the message of the film? Why (detailed answer)?**

Have students choose from the following or insert your own:

- *Real friendship is shown in times of trouble; prosperity is full of friends.*
- *A real friend is one who walks in when the rest of the world walks out.*

- *Friendship is the hardest thing in the world to explain. It's not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything.*
- *Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.*

In the end, have each team present their findings / thoughts.

**Evaluation criteria:**

The lesson is effective if during this activity:

- Students complete the tasks by working in teams
- Students show an understanding of the main characters' feelings and temperament
- Students identify the signs of psychological manipulation in the social situation presented in the film

**Activity results:**

Students' slide-show presentations and posters