

Title	Sumbudrule
Duration	45 minutes
Nr of participants	20 participants
Link to the topic	https://www.youtube.com/watch?v=B3JWrwTdkVo
Objectives	Identifying and investigating emotions, learning how to express our emotions through expressive gestures, body expression and having fun.
Preparation	<p>Sumbudrule is a gesture we do when we feel frustrated, angry, when everything goes wrong. <i>For example, when someone is being annoying, when you miss the bus by a couple of seconds, when you realise you forgot your keys...</i></p> <p>In order to carry out this gesture you bring your right arm up, put your hand into a claw, and tense your facial muscles as shown in the picture; while saying the word '<i>sumbudrule</i>'.</p> <p>Gestito de idea is a gesture we do when we feel satisfied, surprised in a positive way, happy, when everything goes right. <i>For example, when you pass an exam you didn't study for, when you find money on the street, when you're lucky...</i></p> <p>In order to carry out this gesture you need to bring your right arm up with your hand closed into the OK sign and wink, as shown in the picture; while making clicking noises with your mouth.</p>
Description	<ol style="list-style-type: none"> The facilitator will introduce both gestures to the participants, demonstrating how to carry them out and explaining the emotions that bring you to this gesture. In order to explain them clearly, the facilitator will provide enough examples of situations in which they would make the gesture.

	<ol style="list-style-type: none"> The participants, once they know the gestures will join the facilitator and practise them until they have mastered them. The facilitator, now, will narrate a series of events. For example: <i>'You get out of bed, go to the shower but there's no hot water. You are about to leave your house but you can't find the keys. You finally find them and leave to work...'</i> The participants, in the meantime, will act out the facilitator's narration. When the events produce negative emotions, the facilitator will ask the participants to carry out the <i>Sumbudrule</i> gesture; and when they produce positive emotions, they will carry out the <i>Gestito de Idea</i>.
Evaluation and reflection	Was it easy for you to identify which gesture to use in each situation? Do you usually find it easy to express your emotions?

