


INSTRUCTION CARD 1

As you've learned, change and transition are not the same thing. Change is a matter of a different situation presenting itself. Transitions are personal, emotional and psychological. During times of change, people experience a range of emotions as they work through the change process. In this learning activity you will examine a range of emotions that people experience during times of change.

Instructions:

Part I

1. Locate the emoji cards and distribute them evenly amongst your table group.
2. Take turns reading each emoji card (name and description) aloud and place each emoji in one of the spaces provided on your learning map. 

Part II

The change situation: GCNA is instituting a morning exercise program. All team members must participate.

1. Locate the Change Situation cards and distribute them evenly amongst your table group.
2. Take turns reading each card aloud, and working as a team, discuss and determine which emotion you believe is being described in the change situation.
3. Once you have selected an emotion, place the Change Situation card underneath the emoji that best represents the emotion described in the Change Situation card.

Discussion questions:

Thinking back to changes you've experienced and the personal transitions you worked through...

1. What was the change?
2. Which emotion(s) can you relate to?