

07

HOW DO WE FEEL?

Now, after drinking some water and recovering a bit, we can express to the group how we feel after this experience in the forest. One big circle works as a starting point. You can use the following guiding questions to express yourselves one by one.

Let's remember that we all don't feel comfortable participating in this way, so let's be considerate with those who may wish to keep their experience to themselves.

You can use the *Feelings Vocab* to do this exercise.

• How was I feeling when I got here? I felt curious, tired, bored, excited, energetic, happy, calm, hungry, anxious, sad, or inspired.

• How did I feel during the actions? I felt distracted, excited, open, closed, disillusioned, energetic, surprised, cautious, nervous, or bored.

• What surprised me?

• Describe your experience in one word.



FEELINGS VOCAB

CALM

Peace
Peaceful
Serene
Relaxed
Quiet
Tolerant
Trusting
Harmonious

PLEASURE

Happy
Cheerful
Glad
Proud
Fascinated
Optimist
Communicative

AFFECTION

Friendly
Loving
Cordial
Humbled
Compassionate
Valued
Recognized

INTEREST

Curious
Amazed
Surprised
Excited
Engaged
Safe

ACTIVITY

Divertid@
Activ@
Jovial
Fortalecid@
Enérgic@
Efusiv@

OPENNESS

Open to dialogue
Sociable
Receptive
Independent
Generous
Available
Helpful

ANGER

Bothered
Angry
Frustrated
Indignant
Grumpy
Violent
Furious

SADNESS

Sorry
Worried
Lonely
Disinterested
Indifferent
Pessimistic
Dispirited

SURPRISED

Confused
Amazed
Perplexed
Scared
Disconcerted
Blocked

PAIN

Hurt
Offended
Fragile
Anxious
Sensitive
Vulnerable
Affected
Isolated

DISAPPOINTMENT

Dissatisfied
Indifferent
Cold
Resented
Indignant
Resentful
Grumpy

FEAR

Fearful
Horrified
Insecure
Agitated
Tense
Closed up
Nervous
Passive

CONFUSION

Suspicious
Undecided
Restless
Annoyed
Disoriented
Pensive

SHAME

Sorry
Timid
Inhibited
Shy
Frightened
Overwhelmed
Embarrassed



CENTRO PARA LA
CONSERVACIÓN
DEL PAISAJE

CCPPAISAJE.ORG