

Workshop Guideline

Parts	Steps	Actions
Part 1: Introduction & Warm-Up [20 min]	Introduction & Formalities	Thank participants, introduce yourself, explain the purpose of the session (explore strategies through role playing) and the plan of the session. Ask to sign the consent form & the demographic questions form before the workshop begins.
	Opener to the Topic	Give the description of mood, interpersonal mood regulation, the overview of the nine strategies, explain the goal of the project, purpose of the study (explore effect of videos) and introduce the agenda (warm-up, 3 strategy exploration, plenary discussion)
	Warm up exercise 1	Please introduce yourself, your profession, and what your mood is currently. You can choose from the 20 human mood typology.
	Warm up exercise 2	<p>For the next exercise, let's stand up. Now, we will practice embodying moods in our movements. Together with the instructions, you will bodily perform 4 moods (gloomy, agitated, cheerful, and peaceful) while walking. You will walk around the space, and follow my instructions, you will change your walking style. You can exaggerate the moves. This is only for warming not about good acting.</p> <ul style="list-style-type: none"> - Let's start walking neutrally, at your own pace. Move around the space. Explore the space. Notice others. Make eye contact. - Now let's walk faster. Keep moving around the space. Faster! - Ok, now slow down. Move very slowly. - Now let's walk in a gloomy way. You feel somber, down or blue. The world seems dark, cold and joyless. Show gloominess not only on your face but also in your walk. Move in a gloomy way. Show others how down you are. - Now walk in an agitated manner. You feel tense, restless and overstimulated! The world seems offensive, dangerous and out to get you. Show others how agitated you are! - Now let's be to being cheerful. Walk in a lighthearted, carefree and vibrant way. The world is a pleasant and sunny place without obstacles. Show us how cheerful you are. - Now let's slowly walk peacefully; you feel content, laidback and mellow. The world seems like a simple sympathetic place. You walking in a safe place. Show others how peaceful and calm you are. - Now let's slow down and stop. - Now that you are warmed up, we can start the main session.
Part 2: Exploring Strategies & Role-Playing [1 h 40 min]	Preparation (5 minutes)	Introduce the steps of the exploration: watch together, role-play - switch roles - role-play – discuss in duos, come back for group discussion. Explain the detailed steps (given in the Instruction sheet) before watching the first video. Instruct participants that they will be exploring 3 strategies. (2 positive 1 negative during the session) and that they can choose the last positive strategy as a group. Ask if participants have any questions to ask before they start exploring and clarify any confusion/misunderstanding.

	Positive Strategy 1	Show the positive strategy video. Give the 20 context sheet, 20 mood sheet, instruction sheet to the participants. Invite them to find a partner to explore the positive strategy and let them choose their room. Once everyone is back, ask how the exploration went.
	Negative Strategy 1	Show the negative strategy video. Invite participants to find a new partner to explore the strategy and let them choose their room. Once everyone is back, ask how the exploration went.
	Break [10 minutes]	
	Positive Strategy 2	Show the positive strategy video. Invite participants to find a new partner to explore the strategy and let them choose their room. Once everyone is back, ask how the exploration went.
Part 3 – Plenary Discussion [30 min]	Takeaways	<ul style="list-style-type: none"> - What information is present for you now as a participant of this workshop? - What do you want to take with you from this workshop?
	Usability	<ul style="list-style-type: none"> - What do you think about the videos? Could you reflect on the role of the videos? - What do you think of the role-playing? - What do you think about the format? Watching – role-playing – discussing?) - Is there anything you found confusing/difficult or unpleasant? - Anything you would like to change to improve? - Anything you particularly liked/noticed/found interesting?
	Value	<ul style="list-style-type: none"> - What is your opinion on the value or impact of using these videos in such a workshop for educators/service providers?
	Additional Opportunities for Meaningful Usage	<ul style="list-style-type: none"> - Imagine you are a teacher who is responsible for training other educators on interpersonal mood regulation strategies. You are given these video materials. How would you use them? - What would you do differently? - How else could these video materials be made useful in your practices?