1. Activity title	**Voices of Empathy: Emotional Narratives**
2. Target group	14 - 18
3. Duration	This activity can be conducted over the course of a school year, with periodic sessions dedicated to podcast production and sharing. At the end of the year, select some of the works to organize a podcast – based event at school.
4. Learning Environment	Production of podcasts: classroom, lab or maker space Exhibition: Open space at school
5. Learning outcomes	The objective of this activity is to promote empathy and emotional understanding among participants by creating and sharing podcasts that explore personal experiences and primary emotions. If more time can be dedicated, it can be extended to secondary emotions as well.
6. Subjects and topics covered	Primary emotions/ secondary emotions, all subjects can be connected by the activities.
7. SEL competences	**PERSONAL** 🔼 **Identifying and expressing emotions** ☐ Self-regulation 🔼 **Identifying strengths/self efficacy** 🔼 **Growth mindset** ☐ Wellbeing 🔼 **Dealing with negative emotions** ☐ Flexibility/resilience/problem solving **SOCIAL** 🔼 **Empathy** 🔼 **Appreciating diversity** 🔼 **Relationship building** ☐ Collaboration ☐ Conflict resolution ☐ Ethical and responsible behavior and decisions ☐ Dealing with negative relationship such as bullying
8. Method / Didactic techniques	Brainstorming, storytelling, podcast production, groupwork
9. Tools / Materials / Resources	1. Recording equipment (e.g., microphones, audio recording software) 2. Writing materials (paper, pens) 3. Optional: Computers with audio editing software for post-production 4. Optional: Cardboards to organize the Empathy Exhibition

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10. Detailed description of the step-by-step description of the activity / sequences of the units	1. Introduction: - Introduce the concept of the activity by explaining that participants will be creating podcasts that delve into personal experiences and primary emotions. - Discuss the importance of empathy and emotional understanding in fostering a supportive and inclusive community. 2. Brainstorming and Reflection (20 minutes): - Ask participants to reflect on the primary emotions they have encountered throughout the contact with a subject-related sparkle. - Encourage them to think about moments that elicited strong feelings such as joy, sadness, fear, anger, or surprise in their own lives. - Provide writing materials and allocate time for participants to jot down their thoughts and memories. Note: While working in SEL projects, other kind of reflective activities with text production can be added in connection with various subjects. 3. Podcast Production (Several sessions): - Guide participants through the process of creating their podcasts. - Assist them in understanding the basics of audio recording, such as using microphones, recording software, and editing techniques. - Encourage participants to consider the storytelling elements in their podcasts, including narrative structure, tone, and the use of sound effects or music to enhance the emotional impact. 4. Sharing Sessions (Throughout the year and at the school exhibition): - Organize periodic sessions throughout the school year for participants to share their podcasts with one another. - Allocate sufficient time for each participant to present their podcast and provide space for group discussions and reflections afterward. - Encourage active listening and empathetic responses from the audience. 5. Reflection and Discussion - Encourage participants to express how they connected with the emotions presented in the podcasts and reflect on their own experiences. 6. Compilation and Archive (End of the year): - Create a compilation of all the podcasts produced throughout the year.

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	- Consider publishing the compilation on a dedicated platform or creating a digital archive that can be shared with participants and the broader community. - Highlight the value of preserving and revisiting these emotional narratives to promote ongoing empathy and understanding, organizing with the participants an open live exhibition. Note: Ensure a safe and supportive environment throughout the activity. Encourage participants to share at their own comfort level and remind them that active listening and respect are essential. Consider obtaining appropriate permissions and consent for podcast sharing and publication.
11. Extension / Take home activity	Subject related homework, podcast post-production
12. Feedback & assessment	Formative feedback during podcast creation, peer feedback during the exhibition
13. Intellectual property rights (IPR) / Origin of the activity	CC Attribution-NonCommercial-NoDerivatives 4.0 International / University Ca' Foscari Venezia

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