









Constructively, Actively, Meaningfully

	Objective: To develop an enhanced ability to respond in a constructive, active manner in social interactions.
	Time Requirements: a. Preparation: 5 minutes b. Activity: 10-15 minutes
	Items: a. Constructively, Actively, Meaningfully Handout A: Active-Constructive b. Constructively, Actively, Meaningfully Handout B: Passive-Constructive c. Constructively, Actively, Meaningfully Handout C: Active-Destructive d. Constructively, Actively, Meaningfully Handout D: Passive-Destructive
	Learning Outcomes: a. Enhanced ability to respond constructively and actively to others' emotions in social interactions (EI Subskill 4: Managing Others' Emotions)
	Key Learning Point: Constructively and actively responding to others helps us connect with others in a meaningful manner.
Self-Disclosure: ****	
Difficulty: Advanced	

Instructions

1. Tell participants to form pairs for this activity. One of them will share some good news with their interaction partner. You can either randomly assign them the roles of 'Speaker' and 'Listener', or allow them choose within their pairs who will be relaying the good news.
2. Distribute the Actively, Constructively, Meaningfully Handout to all participants who have been assigned Listener roles. There are four different handouts – A, B, C and D, which should be randomly distributed to all Listeners. Allow a minute for the Listener to read the instructions and are not reveal their handouts to the Speakers. Ask the Speakers to begin sharing their good news with the Listeners. Allow at least 10 minutes for the interaction.
3. After 10 minutes, ask Speakers on how much participants enjoyed the interaction. Ask the Speakers if they felt they enjoyed relaying their good news to the Listeners. You can ask Speakers to give a numerical score on how much they enjoyed speaking with the Listener (1 = did not enjoy the interaction at all; 10 = enjoyed the interaction immensely).

	Reflection Questions: a. Speakers: Did you enjoy sharing the good news with the Listener? Why or why not?
	Further Reading and References: a. Gable, S. L., Reis, H. T., Impett, E. A., & Asher, E. R. (2004). What do you do when things go right? The intrapersonal and interpersonal benefits of sharing positive events. <i>Journal of Personality and Social Psychology</i> , 87(2), 228-245.
	Note: a. After the activity, reassure Speakers that the activity is scripted and that the Listeners in no way implies disrespect or rudeness towards their personal account.