



Is there somewhere you can talk about your emotions?

What do you do about difficult emotions?

What good emotions do you get from your work?

Can emotions be viewed in a wider perspective?

How do you acknowledge pride?

What gives an emotion of meaningfulness at work?

How can you increase the pleasure of working?

What emotions are difficult?

EMOTIONS

USING YOUR FLIP FLAP:

The Flip Flap can be used to get a dialogue going about feelings – that is about co-workers, managers or the general public, children, patients, etc.

Leave the Flip Flap out as a visible reminder that different kinds of emotions can be found in all workplaces. And use it together with other tools from BFA Velfærd & Offentlig administration.



FOLDING GUIDE

1. Place the Flip Flap with the back facing up (this side).
2. Fold the four corners towards the centre so that they meet.
3. Turn the Flip Flap over so that the eight questions are visible.
4. Fold the four corners again towards the centre.
5. Now fold the Flip Flap in half to turn it into a small rectangle.
6. Insert your fingers into the four “pockets” of the Flip Flap.
7. You are now ready to use it.

Find more materials about emotions here:

etsundtarbejdsliv.dk/følelser

HOW TO USE IT

1. Keep the Flip Flap closed so that you can only see the four large, coloured fields.
2. Ask your co-worker to choose a colour.
3. Now operate the Flip Flap as many times as the number of letters in the coloured field.
4. Then ask your co-worker to select one of the words visible inside the Flip Flap.
5. Repeat the operation for the same number of letters in the word.
6. Now ask your co-worker to choose a word – for the last time.
7. Lift the flap – and ask the question below the chosen word.

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