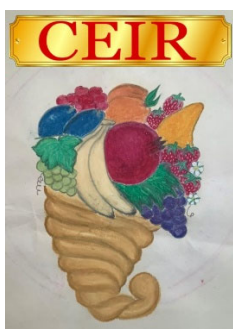




## 2.4.9 TRAINING MODULES

### For PRISONER INMATES

Title of the Module: **Mind and emotions**



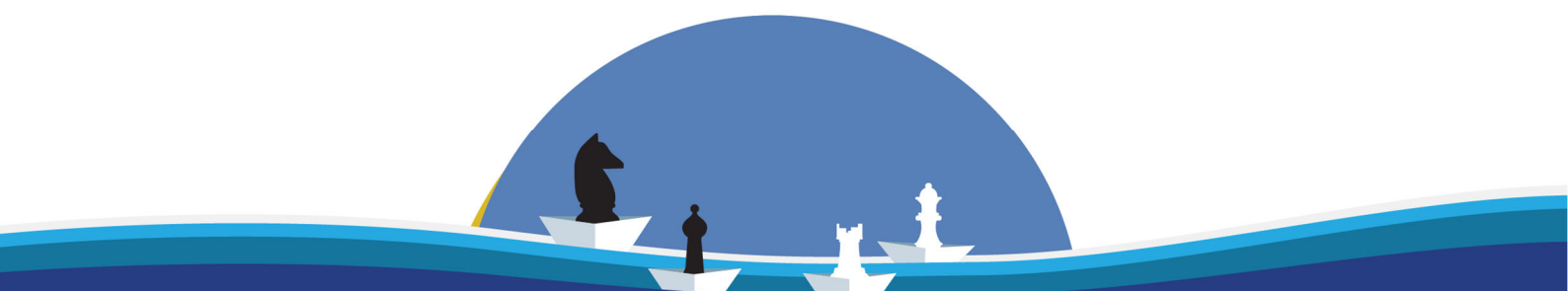
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## Summary

1- TOPIC AND SCOPE .....	3
1.1 Parent topic .....	3
1.2 Target.....	4
2- DESCRIPTION OF THE PRACTICE.....	5
2.1 Description .....	5
2.2 Purpose/Objective .....	5
2.3 Learning Outcomes .....	6
2.4 Training Approach .....	6
3- TOOLS.....	8
4- REMARKS .....	9
5. DISCLAIMER .....	10



# 1- TOPIC AND SCOPE

## 1.1 Parent topic

The "Mind and Emotions" Module fosters the development of specific mental and emotional skills that go beyond the game of chess and apply to broader life situations. The fundamental skills on which the training session focuses are:

**Strategic thinking:** Chess requires foresight, planning, and strategic thinking. Chess practice increases the ability to anticipate consequences, evaluate options, and make calculated decisions. This sharpens the ability to consider long-term consequences before acting impulsively.

**Patience and concentration:** chess requires prolonged attention and concentration. Train people to focus on the present moment without losing sight of long-term goals. Discipline in concentration promotes better attention in other areas of life.

**Emotional regulation:** Chess can evoke a range of emotions, excitement, frustration, disappointment, and success. Learning to manage these emotions while playing promotes emotional resilience. Understanding how emotions affect decision-making helps you control impulsive actions and make more rational choices in life.

The main theme of the "Mind and Emotions" Module is the development of mental and emotional discipline: that is, using chess as a means to train and improve mental resilience, emotional control and discipline.

Themes developed:

**Strategic thinking and planning:** Planning ahead and analyzing consequences, aiding strategic decision-making on the board and potentially in life.

**Patience and tenacity:** Success in chess, as in life, often requires perseverance through challenges.

**Emotional regulation:** emotional control and resilience in the face of setbacks or losses, promoting a balanced emotional response during and after chess games.

**Focus and concentration:** Need for prolonged attention and concentration during play, improving attention span and concentration.

**Adaptability and flexibility:** Adapt strategies throughout the game and adapt to changing life circumstances.

Self-control and decision-making: to consider the consequences of moves and actions.

## 1.2Target

Main beneficiaries: PRISONER INMATES. The focus of the Module is the inmates within the prison environment.

Secondary beneficiaries: educators, consultants, volunteers, teachers, trainers.

## 2- DESCRIPTION OF THE PRACTICE

### 2.1 Description

Learning Unit 1: Introduction to mental and emotional discipline in chess (Duration: 1 hour)

Introduction and overview (15 minutes): Explanation of the objectives of the session, emphasizing mental and emotional discipline in chess and its relevance.  
Understanding Strategies (45 minutes): Introduction to strategic thinking, focusing on planning, consequence analysis, and decision-making in chess.

Training Unit 2: Practical application (Duration: 2 hours) Game and practice (90 minutes): Involve inmates in chess games, emphasizing the application of mental discipline, patience and tenacity during the game. Targeted exercises (30 minutes): focused on emotional regulation, concentration and adaptability during chess scenarios or challenges.

Learning Unit 3: Reflection and Discussion (Duration: 1 hour)

Group reflection (30 minutes): Facilitated discussion on the experiences lived during the game, emphasizing the mental and emotional aspects encountered and the strategies used.

Application Beyond Chess (30 minutes): Discussions on transferring lessons learned in chess (e.g. patience, concentration) into everyday life, promoting responsibility and discipline.

Total duration: about 4 hours

These activities are structured to introduce concepts of mental and emotional discipline, provide practical applications through gameplay and exercises, and encourage thoughtful discussions about the application of these skills both within and outside the chess context.

### 2.2 Purpose/Objective

1. Develop strategic thinking, planning, and decision-making skills.
2. Promote emotional regulation and resilience in response to wins, losses, and difficult situations during the game.

3. Cultivate patience and perseverance by demonstrating that success in chess, as in life, requires continuous effort.
4. Improve attention and concentration through chess sessions.
5. Encourage adaptability and flexibility by showing the need to adapt strategies according to different game situations.
6. Promote self-control, prudent decision-making, and a sense of responsibility by reflecting on moves and consequences during chess games.

## 2.3 Learning Outcomes

Participants will improve their strategic thinking, planning, and decision-making skills, honing their ability to predict consequences and make calculated moves.

Inmates will develop better emotional control, resilience, and adaptability in the face of wins, losses, or challenging game scenarios. Increased understanding and practice of patience and perseverance, crucial traits needed for both chess and life's challenges. Increased attention span and increased concentration during chess sessions, promoting sustained concentration and disciplined thinking. Participants will learn to adapt strategies to different game scenarios, promoting flexibility in approach and problem-solving.

Improved decision-making skills not only in chess games but potentially in real-life situations, promoting responsible choices. Developing emotional resilience, helping to manage stress, setbacks, and adversity encountered inside and outside of chess sessions. Strengthening of self-control and discipline.

## 2.4 Training Approach

Teaching methodology of the "Mind and emotions" module

Demonstration and explanation:

- Introduction to Concepts: Explanations of mental and emotional discipline, illustrating the importance in chess and in life.
- Demonstration of strategies during chess games.

Practice:

- Game sessions: involve inmates in a regular game of chess, allowing for the practical application of strategies and emotional control in real time.

- Guided exercises:
- Scenario-based challenges: Specific exercises designed to cultivate emotional resilience and strategic thinking during chess sessions.
- Thoughtful discussions:
- Post-game discussions: Encourage inmates to reflect on their own experiences, emotions, and strategies used during the game, fostering self-awareness.
- Feedback and encouragement:
- Positive reinforcement: Providing constructive feedback and encouragement to inmates, recognizing their efforts in applying discipline during chess.
- Application beyond chess:
- Real-life correlations: Discussions of how the mental and emotional discipline learned through chess can be applied in everyday life situations.



### 3- TOOLS

Chess and chess boards: essential for gaming sessions, they facilitate practical exercises to apply strategic decision-making.

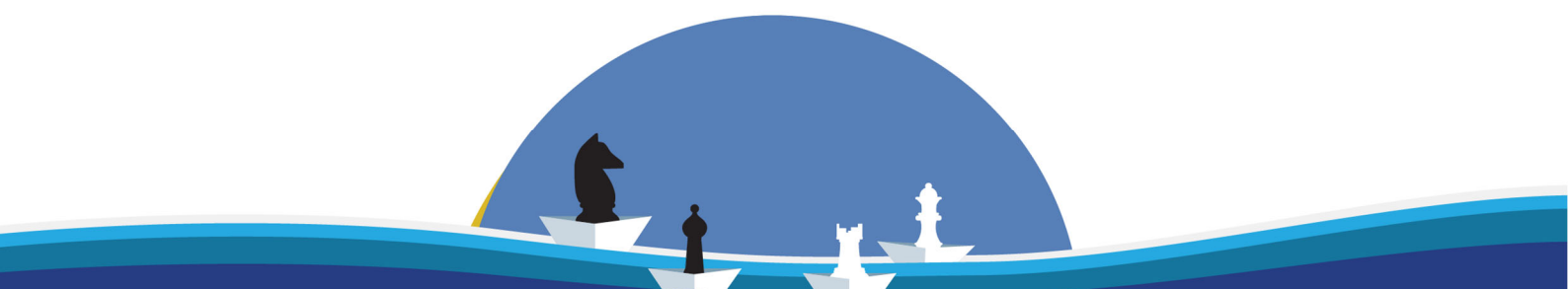
Writing materials: notebooks, pens, or markers for participants to take notes, write down strategies, or analyze their moves.

Visual aids: Charts, diagrams, or posters that illustrate decision-making processes, chess strategies, or real-life scenarios for visual learning.

Chess-based scenarios or challenges: Pre-designed scenarios or challenges focused on decision-making to guide practical sessions.

Discussion guides or handouts: Worksheets or guides to facilitate discussions.

Teaching resources: Relevant books, articles, or teaching materials on chess strategies, decision-making, and psychology (optional but helpful).





## 4- REMARKS

The "Mind and Emotions" Module not only enriches chess skills, but also equips inmates with essential skills for their personal development and potential reintegration into society, promoting a positive and constructive approach within the prison environment.

## 5. DISCLAIMER

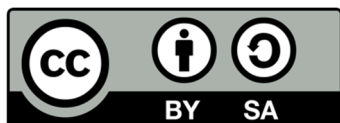
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