

Lesson 17

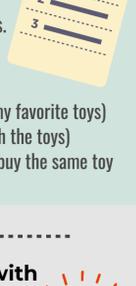
Does Your Feeling Fit the Facts?

Adapted from a book, "Don't Let Your Emotions Run Your Life"



When your **feelings** do fit the facts or reality, they can tell you about your values, your goals, and what is important to you.
 If your **feeling** is helping you reach a goal, it likely fits the facts. If your feeling is getting in your way, it could be that it doesn't fit the facts.

How to know if your feelings fit the facts?



1. Identify and label your feeling (e.g., happy, sad, frustrated, jealous)
2. Identify what happened right before you first noticed your feeling (e.g., lost my favorite toys)
3. Notice if you are thinking about a worst-case scenario (e.g., I cannot play with the toys)
4. Identify a possible goal that is coming from your feeling. (e.g., wait until you buy the same toy later)

Activity:

Practice Identifying Feelings with Your Parents



1. What is your big feeling?
2. Was there an event that started this feeling?
3. Has the worst-case scenario actually happened? If not, it might not fit the facts
4. What your feeling tries to tell you?

Lesson 18

Feelings are Constantly Changing

Feelings can be confusing. They change every minute!
 People can have more than one feeling at a time.
 Feelings can come one right after another like cars on a busy highway.

Activity:

Primary Feeling: The feeling you have first

Secondary Feeling: The feelings that come next

Scenario:

Primary Feeling: When you're invited to your friend's house, you are **anxious** because you can't sleep over today.

Secondary Feeling: Now, your friend's sad. You feel **sad and guilty**.



Practice:

Example Situation: I lost my house key.

Primary Feeling 1: Scared

Secondary Feeling 1: Sorry (for parents)



Situation #1: _____

Primary Feeling 1: _____

Secondary Feeling 1: _____

Situation #2: _____

Primary Feeling 2: _____

Secondary Feeling 2: _____

Situation #3: _____

Primary Feeling 3: _____

Secondary Feeling 3: _____

Lesson 19

Dear Feelings....

Feelings are only a part of who you are. With practice, you can learn to control them.

Intense feelings, such as anger, can be overwhelming.

But you can control them and not let them control your physical reactions.

Take time to observe your feeling.

Describe the feeling.

Think about the best reaction.

Do it!



Activity:

Practice Exploring Feelings with Your Parents

1. Choose a feeling you are struggling with.
2. Tell your parent when you have the feeling.
3. What can you do when you have the feeling?
4. Show your parent!

Example:

- Carter accidentally ran into Kyle and Kyle fell on the ground
- Kyle is angry and punched Carter
- Kyle's teacher send Kyle to principal's office
- What Kyle should have done to control his anger?



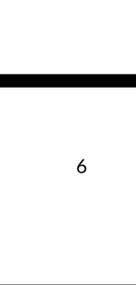
Lesson 20

You Don't Have to Act on Your Urge

Let's break down the fight between Jason and Kyle from yesterday's lesson... into **FEELING**, **URGE**, and **ACTION**.



Kyle was **FEELING** angry.
 Kyle has the **URGE** to hit Jason.
 Kyle **ACTS** on the urge and hits Jason.



When choosing how to respond to your emotion, it is important to look at your choices. Remember you have choices!

Activity:

Comic Strip of FEELING-URGE-ACTION

Draw examples of a positive and negative feeling you have had, an urge to do something, and then what you did in response. For guidance look at the examples below:



Good

Bad



I'm happy!	I am so mad!
I want to give my friend a high-five!	I want to hit my brother!
	I will practice my deep breaths instead.

Lesson 21

Situation, Feeling, Intensity Game

Adapted from a book, "Don't Let Your Emotions Run Your Life"

Different people have different feelings when in the same situation. **This is normal!** People have different intensities of feelings, too. Again, **this is normal!**

Activity:

Practice with siblings and/or your parents. Follow the steps as laid out below and use the cards in the following sheets to play!

1. Make enough copies of the feeling and intensity cards so that each player has a full set. Make one copy of the situation cards.
2. Cut out the three sets of cards.
3. Each person playing gets on of each feeling card and one of each intensity card(1-10).
4. Place the situation cards faced in the middle of the table.
5. The player whose turn it is picks a card a and lays it faceup.
6. The other players each decide which feeling makes sense to them and lays down that card in front of them, along with the intensity they would feel.
7. Discuss any differences or similarities among the players. Remember that everyone might have a different feeling and intensity.
8. The game continues until all situation cards have been turned over and discussed.

Anger	Fear	Jealousy
Guilt	Overwhelmed or Excited	Love
Sadness	Happiness	Other: _____

Intensity Cards

1	2	3
4	5	6
7	8	9
10		

Situation Cards

Your brother takes your favorite toy.	Someone at school takes your place in line.	Your sister calls you a name.
The family plans change! You can't go to the zoo (or your favorite place).	Your classmate is sitting very close to you.	You lose your favorite toy or special item.
You lose a game.	You blame your brother for something and he gets in trouble.	You want to tell your mom a story, but she is listening to your sister.
You get exactly what you wanted for your birthday.	Your sister gets your favorite thing for her birthday.	A friend at school teases you.
You are meeting your teacher for the first time.	You have to give a presentation in front of the class.	You have to take a test.
You are at a birthday party, and everyone is having the best time ever!	You and your brother are running around playing a game. It is such a burst of energy!	You are left out of a game at school.