

Feelings, Feelings, Everywhere!

A. Feelings I have had recently

1. _____
2. _____
3. _____
4. _____
5. _____

B. Feelings someone in my family had recently

1. _____
2. _____
3. _____
4. _____
5. _____

C. Other feeling words I have heard people say

1. _____
2. _____
3. _____
4. _____
5. _____

Feelings and Our Bodies

Match the feeling words on the left to the body feelings on the right. Feel free to add emotions and body feelings. Each emotion can have more than one body feeling.

EMOTIONS

1. Anger
2. Happiness
3. Worry
4. Excitement
5. Fear
6. Sadness
7. _____
8. _____
9. _____
10. _____
11. _____

BODY FEELINGS

- A. Funny feelings in my stomach
- B. Hot feelings in my face
- C. My head aches
- D. My hands are shaking
- E. I am crying
- F. My fists are clenched
- G. I am smiling
- H. _____
- I. _____
- J. _____
- K. _____

Things Are Not Always as They Seem

Sometimes we can't know how someone is feeling unless we know something about that person. Try to guess what feeling each kid would feel in these situations.

Write down an emotion for each situation before moving on to the next one.

1. Darrius's neighbor just got a new dog that really likes kids.

2. Darrius's neighbor just got a new dog that really likes kids, but Darrius was once bitten by a dog.

3. Reena has to give a big speech tomorrow in front of her entire school.

4. Reena has to give a big speech tomorrow in front of her entire school, and Reena loves to give speeches.

5. Jenny got an A on her math test.

6. Jenny got an A on her math test, but she cheated on it.

MODULE 2, HANDOUT 1

Feelings and Triggers

Trigger	Feeling(s)
<i>Example:</i> Bad grade on test	Sadness, worry, anger
New dog at home	Excitement, happiness
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	

MODULE 4, HANDOUT 1

Eating Diary

Use a mood rating from 0–10, where 0 is the most sad/grumpy mood and 10 is the most happy mood.

Day	Mealtime	Meal	Mood Before	Mood After
<i>Example:</i> Monday 4/10	7:15 PM	Spaghetti and bread	3 (really hungry)	6 (still had homework to do)

MODULE 4, HANDOUT 2

Activity Diary

Use a mood rating from 0–10, where 0 is the most sad/grumpy mood and 10 is the most happy mood.

Day	Activity	Time spent	Mood Before	Mood After
<i>Example:</i> Wed. March 2	Walked dog	15 minutes	4	7

Getting Better Sleep

1. Build a Bedtime Routine.

Time. Establish a bedtime for each night and stick to it. The amount of sleep a child needs varies depending on the child. Some children are alert and happy with 8 hours a night whereas others need at least 10 hours to be alert the next day. Use what you know about your child to establish the bedtime.

Transition. Create a bedtime transition time in the family schedule. Focus on relaxing play about 30–60 minutes before bedtime.

Sleep Preparation Activity. Establish a relaxing bedtime activity, such as giving your child a warm bath or reading him or her a story. Use that same routine daily.

2. **No Big Meals.** Avoid feeding children big meals close to bedtime.

3. **No Caffeine.** Avoid caffeinated drinks and even chocolate too close to bedtime (4–6 hours).

4. **Comfortable Temperature.** Set the bedroom temperature so that it's comfortable—not too warm and not too cold.

5. **Darkness Is Good for Sleep.** Make sure the bedroom is dark. If necessary, use a small night light.

6. **Quiet Hours.** Keep the noise level in the home low once a child is in bed. Encourage older children and other adults to speak softly. Headphones can be useful for music and television in small homes and apartments.

7. **No Naps.** For older children, avoid naps during the day; it can disturb the normal pattern of sleep and wakefulness.

8. **Exercise.** Physical activity during the day promotes good sleep at night.

Vigorous exercise should be taken in the morning or late afternoon.

A relaxing exercise can be done before bed to help initiate a restful night's sleep.

9. **Reduce Emotional or Stimulating Situations.** Try to avoid emotionally upsetting conversations and activities before trying to go to sleep. Also, avoid TV or other media that will tend to stimulate and potentially aggravate a child.

To Share or Not to Share

Editing Emotion Talk

- ✓ **Has the feeling already been shared?** Sharing feelings does not mean repeating them multiple times. Sometimes, saying how you feel once can be enough.
- ✓ **Can the feeling wait to be shared?** The real question is not, “Can I wait to share?” but rather, “Does the feeling need to be shared *right now* or else something truly bad will happen?”
- ✓ **Does the feeling need to be shared?** Not all feelings need to be shared. Be selective. Let fleeting feelings pass. It can be useful to ask, “What do I hope will happen when I share the feeling?”
- ✓ **Will sharing the feeling help the situation?** Do you think that sharing will improve the situation for you and others?

Changing the Emotional Channel

- ✓ **Do something active.** Distraction can be a helpful way to deal with a feeling you want to share but have decided you shouldn't, at least not at the moment. Doing something active (e.g., going for a run or walk, playing ball, or riding a bike) can get your body moving and pull attention away from the feeling.
- ✓ **Do something helpful or constructive.** Do a chore, clean out a drawer, rake the leaves—any activity that will be helpful or constructive.
- ✓ **Do something creative.** Make some art, sing, dance.