

SHARE YOUR FEELINGS

KEY SENSE: 6th sense, Mouth (voice). (Review all 6 senses with your class).

GOAL: Students will learn to identify emotions and feelings.

OBJECTIVES:

Students will

- discuss the different types of emotions or feelings.
- recognize who to ask for help when they are upset, scared or angry.
- understand that everyone has emotions.



MATERIALS NEEDED:

- ***Sense of Safety & Beyond! Activity Book - Pages 18 and 19.*** Available online to print for each student: TOOL KIT: <https://rocketrules.org/sense-of-safety-and-beyond-materials/>
- Crayons and pencils. Review 6 senses.
- Overhead projection of activity (optional)
- Write these words on the board: SHARE YOUR FEELINGS

SUGGESTED SCRIPT:

When you get to eat an ice cream cone, how do you all feel? Happy! If you lost your favorite toy, how would you feel? Sad.

Today, we're going to talk about feelings and emotions. We all have them. Every day we have different kinds of feelings.

Sometimes we are very happy. Sometimes we can be a little sad, upset, scared or angry. Maybe someone is very sick in your family and you are worried. Maybe you lost your pet or someone took your bicycle. What you feel when this happens are your emotions.

It's ok to have all these different feelings. We are going to discuss what you can do when things are not quite right and you are unhappy, angry or sad and you can't make the bad feelings go away.

Here's what you should do... Don't be afraid. Talk to a trusted adult like a teacher, your parent, or a police officer. Share your feelings, and they will help make you feel safe. They want to help you. They will listen carefully to you. It's really important to share your feelings because not sharing, and keeping it all to yourself, only makes things worse.

When you talk to someone, it will help you understand why you feel this way. They want to help and listen to how you feel.

When you talk to someone, you will feel better. This will help things calm down so you start to feel better right away.

And if you see someone at school that is sad or upset, go over to them and ask them if they are ok. Be a friend and listen to them. You will be very helpful to them.

Remember, everyone has emotions. Don't be afraid to ask for help and talk to someone right away.

ACTIVITY:

- **Using page 18**, discuss the different emotions/feelings on the page. Have students color the page.
- **On page 19**, have students draw a picture of how they feel today. Then, have students write (or tell) a sentence or two about how they feel today and why.

ASSESSMENT/REFLECTION QUESTIONS:

- How are you feeling today? (sad, happy, angry)
- What are some different kinds of feelings?
- What happened today or yesterday that makes you happy (or sad, scared, angry)?
- If you are feeling a little sad, who can you talk to? (friend, teacher, parent)

REMEMBER: Please fill out the quick survey (1-2 min) following this presentation. Go to Tool Kit page: <https://rocketrules.org/sense-of-safety-and-beyond-materials/>

SHARE YOUR FEELINGS

Don't be afraid to ask for help from your teacher, parent or a trusted adult.



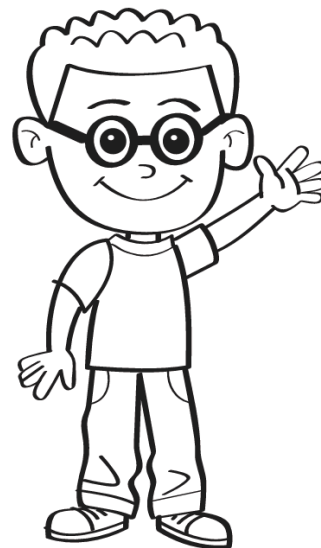
ANGRY



SCARED



SAD



HAPPY



... color this page.



**Draw a picture of how you feel today.
Then write about how you feel and why.**



Today I feel _____ because _____

Congratulations!

For Completing the lesson

Share Feelings

You're a Rocket Rules
Safety Super Star!



Instructor signature _____

Signature Rocket  _____ Date _____