

BIG FEELINGS THAT DON'T GO AWAY

ACTIVITY BOOK: Page: 13

Officer Script



Hi Kids! It's great to be here at your school.
Today we're going to talk about **BIG FEELINGS** that don't go away.

We have all felt **Sad or Scared** at some time. Sometimes, this feeling only lasts for a little while or it is just a little feeling. Little feelings might be when you are disappointed or a little sad that you couldn't go out and play. Or when you just watched a monster movie on TV that made you a little scared.

Sometimes, the feeling might be BIG. Sometimes, the feeling lasts a very long time and we might feel like it cannot be stopped.

When the feeling doesn't stop you may have trouble sleeping. You may feel mad or sad about things that normally don't bother you. You may want to be alone or not feel like eating even your favorite foods.

Sometimes you may cry because of how big the sadness is or how long it lasts. But it is also important to realize that not everyone cries when sad. Some people may actually get mad when they are sad, so they have both feelings at the same time. When these things happen, it is helpful to talk to an adult you trust, and **SHARE** how you feel so you can start to manage your feelings and feel better.

Here's a story my friend told me about when he was very sad....and had big feelings that lasted a long time....

When he was your age he had a dog that he really loved. They played every day. He was a great dog and his friend. Then, when he was very old, he got very sick...and one day he died. My friend was so sad. He didn't want to go to school or play with his friends... He felt so sad for a really long time.... He needed to talk to someone....He knew he could trust his mom with his feelings... so he talked to her....he shared his feelings and she listened very carefully. She understood that my friend had **BIG FEELINGS**....and, talking to her helped him

feel better. He also drew a picture of his dog and he put it up in his room so he could remember him and tell him goodnight before he went to sleep. Has anyone in the room ever had a very sick dog, cat or pet? Or maybe your pet died? Who wants to share what happened? And how you felt.

(show compassion: thank you for sharing...I understand your feelings..... That must have been very difficult...)

Sometimes other things can happen around us that make us really scared....

–Maybe you have seen a hurricane, tornado in your area, or an earthquake. And you have seen lots of big damage...houses destroyed....

Maybe you have seen people who got injured in your neighborhood or there's a lot of yelling at home ...Maybe something is happening in your family, someone is ill or sick...and you are very worried...

Even after these things stop, we're still afraid and scared that it might happen again.

Feeling very sad or scared is not always because of one thing. Sometimes, there are so many things going on around us, we're sad or scared and we're not sure what to do with our BIG Feelings.

Sometimes, we don't know exactly WHY we feel very sad or very scared for a long time. **That is why we need to talk to and share with adults we can trust when we feel very sad or scared.**

They care about you and will listen to you. They will help you feel safe and feel better.

Some people that can make you feel safe and trust are: parents, grandparents, guardians, doctors, officers and teachers.

The reason you can trust them is because they care about you, they listen to you, they help you and help you feel safe. They can help you feel better.

Who can tell me some people that you trust that make you feel safe?

When you talk to an adult you trust they will help by asking you a few questions like:

- What happened that makes you feel so sad or scared
- Where are you when you feel this way?

When you talk to an adult you trust you can start to feel better.

Everybody has days when they feel scared or sad. It doesn't last forever.

Talking and SHARING with your trusted adult really helps.

They care about you. I care about you. Rocket cares about you too. Together you will start to feel better and ready to do many fun things that make you happy.

Give me 2 thumbs up if you understand and agree that it's important to SHARE your BIG FEELINGS that don't go away. It can really help!

Now let's say the ROCKET FINDING FEELINGS PROMISE

Raise your hand and repeat after me:

I promise

To manage my feelings

To share my feelings

So I can do my best every day!

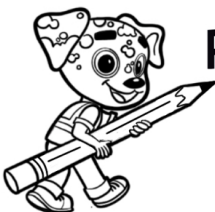
You've been a great class. I feel great seeing you today. See you soon!

BIG FEELINGS THAT DON'T GO AWAY

When you feel very sad or very scared and the feelings can't stop, you can go to an adult you trust and share your feelings. They will help you.

_____ is the adult I trust.

This person can make me feel safe when I feel _____.



Finish the sentences and draw the adult you trust.



Congratulations!



For Completing the lesson

Big Feelings That Won't Go Away

You're a Rocket Finding Feelings

Super Star!

Instructor signature _____

Signature **Rocket**  _____ Date _____