

Am I Worried?

Use Your Senses to Manage Your Worry



Officer Script

ACTIVITY BOOK PAGES: 8, 9

Hi Kids! It's great to be with you.

Today we're going to talk about our feelings. And how to know if you are worried. "and how to use your senses to Manage that Worry"

Have you ever heard anyone say "Don't worry be happy?" We have sayings like this because worry is something everyone FEELS sometimes!

Worry is a feeling....when our brain is afraid of something that happened or is going to happen....and you can't stop thinking about it...

Sometimes you might worry about things like:

- you don't like to sleep in the dark
- you're afraid of pretend monsters
- you worry that kids might not like you
- that kids won't play with you

Other times, we worry about things that happened to someone else or things that we imagine. You might have seen someone fall off their bike and you are worried this could happen to you.

You saw a traffic accident and someone got hurt...and now you worry that it could happen to you...

It is ok to feel worried. Everyone feels worried sometimes. I feel worried sometimes, Rocket feels worried sometimes.

When you are feeling worried, It is important to notice how your body feels...

When you are worried

- You Don't want to talk (point to mouth)
- You Start to breathe very fast (put hand on chest)
- You Can't make your brain focus (put hands on head)
- You Have a fast heartbeat (put hand on heart and pat up and down quickly)
- You Have shaky, sweaty hands (hold hands out and shake them)
- You Have butterflies in stomach

When you notice you are **beginning to feel a little worried, you can use your senses** to “get back to calm and happy.”

Remember, Your senses are: your eyes, ears, nose, mouth, and hands. It helps to clear your mind by focusing on

—one thing you can taste (peppermint or lemon or an ice cream cone...

let's all pretend we have an ice cream cone in our hands, and now, we can lick our ice cream cone...doesn't that taste good? ,

–1 thing you can see, like clouds in the sky, 1 thing you can feel or touch like a tshirt,

–1 thing you can hear, like bird sounds,

– and 1 thing you can smell, like delicious food cooking on your stove. Pretend you smell your favorite food. Everyone takes 3 big sniffs. Doesn't that food smell so good?

Raise your hands to share what you are thinking about using your eyes, or hearing, or sense of smell....

Using your senses to think about calm things can help you when you feel worried. This reminds your brain to help your body feel calm and to stop worrying and think about happy things instead.

Now let's practice using our senses in our room (use these if they apply to your room)

Ok everyone, quietly look for something to focus on that makes you feel calm, happy, or is very interesting.. Put your fingers by your eyes when you have found something. (Respond to students, say what you see, ask 1-2 students what they

saw) Raise your hand if you found something that makes you feel calm, and happy? What was it? How did it make you feel?

(OPTIONAL: Now let's close our eyes and try to smell something. Put your finger on your nose once you smell something. (Respond to students, say what you smell, ask 1-2 students what they smelled)

Now close your eyes again- Listen carefully and put your hands behind your ears when you can hear something. Try to listen for something in the distance, or something you wouldn't usually pay attention to. (Respond to students, say what you hear, call on 1-2 students to ask what they hear)

(OPTION REVIEW)

Raise your hand if you can remember some of the ways to sense worry. (Respond to students with validation)

Now raise your hand if you can name 1 way to use your senses to get back to happy and calm? And stop worrying... (wait, then respond to students)

Remember, all of these tools can help you. But, if you still can't stop worrying, make sure you talk to an adult you trust who can help.

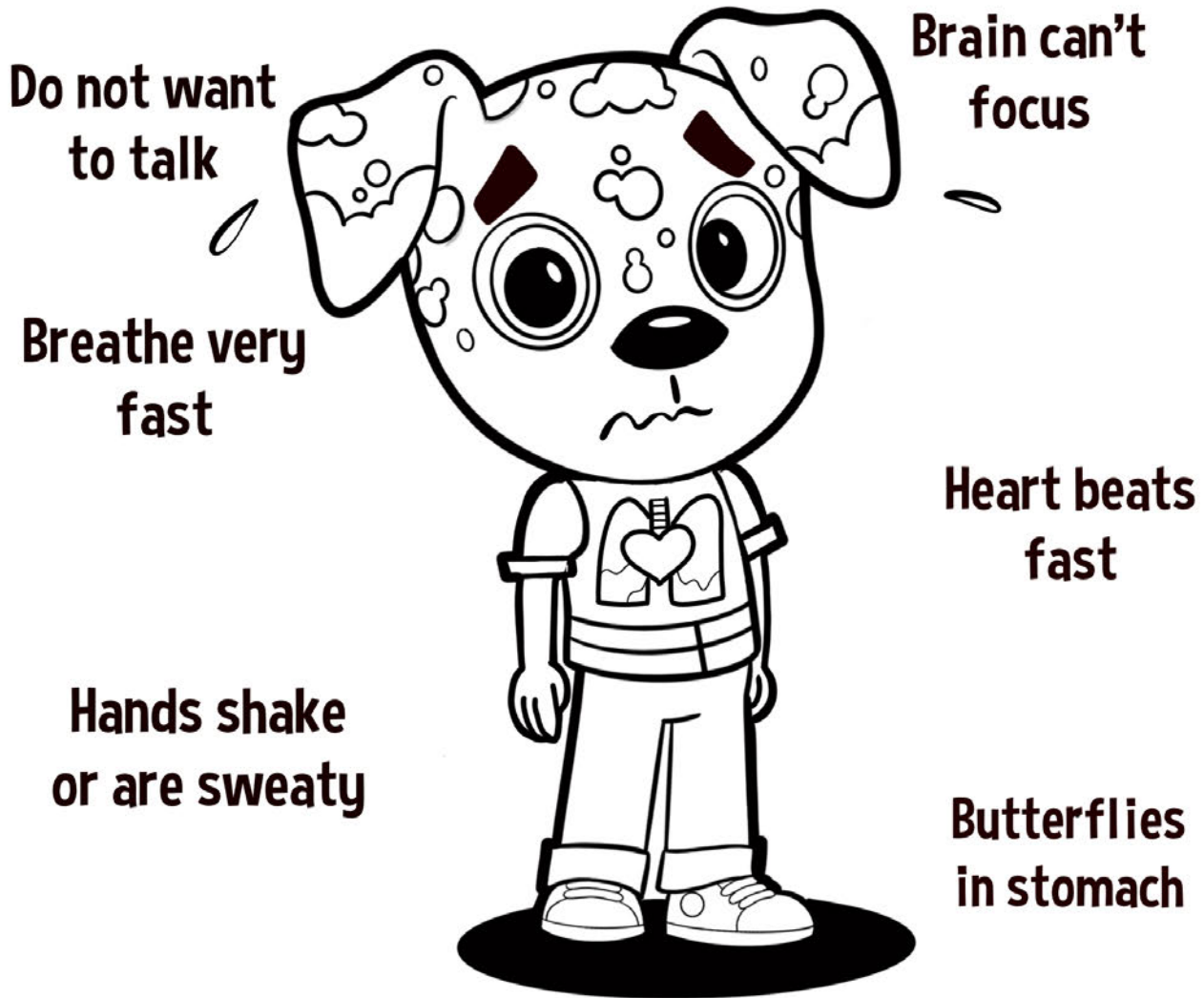
Rocket and I care about you. We hope you learned a lot today about how to stop worrying. Staying calm and not worrying helps you have fun, helps you learn at school, and helps you have a big smile on your face.

Show me that big smiling face!

See you next time.

AM I WORRIED?

Your body can tell you if you or others around you are feeling **WORRIED**. When Rocket senses he is worrying, he has tools he can use to manage his feelings.



Draw a line from the clue to the body part that would sense worry.

USE YOUR SENSES TO MANAGE YOUR WORRY

When you feel a little worried, you can use your **SENSES** to “get back to calm and ready to learn.” Clear your mind by focusing on one thing you can taste, see, feel, hear, and smell.



Rocket can __aste a



Rocket can __ee



Rocket can __eel his



Rocket can __mell



Rocket can __ear a



Letter Bank

T S S
H F

Use the letter bank to complete the sentences and see how Rocket can use his senses to help him re-focus. Then, color this page.



Congratulations!

For Completing the lesson

Am I Worried? Use your Senses to

Manage Your Worry _____

You're a Rocket Finding Feelings

Super Star!

Instructor signature _____

Signature **Rocket**  _____ **Date** _____

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!

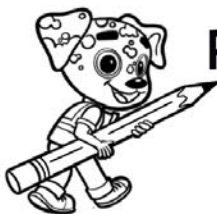
You've been a great class. I feel great seeing you today. See you soon!

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** _____

Feeling Sad, Things that Make You Sad or Lonely, When You Are Sad or Lonely

ACTIVITY BOOK: Pages: 10-11-12



Officer Script:

***Note to Officer; Show compassion to any student responses. Serious issues can be direct student to speak with the teacher who can help them feel better.**

Hi Kids!

It's great to be here with you. I see a lot of happy faces.

There's so many things that can make you happy, like good friends, nice teachers, going somewhere special, playing games. But there's also some things that can make you Sad or Lonely. Today we're going to talk about what to do when you feel this way. I'm going to share with you Coping Tools for Feeling Happy."

By thinking and talking about your sad and lonely feelings, you can learn how to manage those feelings and feel better.

I want to share my feelings about one time when I was sad (or felt lonely).....

(you share something in your life. Possible scenarios to share with the kids: I was bullied, or I was new to a school and had no friends.....)

Let's talk about some things that could make you sad or lonely.

- Kids won't eat lunch with you
- Kids didn't let you play with them

- You don't have friends
- Kids are mean to you, or laugh at you

Raise your hands if this has happened to you.

Can you share with us what happened? We don't want you to give a specific name of someone, just tell us what happened that made you feel sad or lonely. *(show compassion to responses)*

When you are feeling really sad you may have trouble sleeping, you may want to be alone, you may not feel like eating...

Other things that can make you sad or lonely may be:

- Your mom and dad yells at YOU all the time
- Your mom and dad fight with each other a lot
- There is no one to play with where you live
- Someone in your family died or is very sick
- You have been bullied at school

Have you felt sad or lonely this week at home, at school, or with your friends ?

(Wait and respond. Show compassion, I understand that is very difficult, I understand how you feel...)

Is there something that makes you sad or lonely a lot of the time?

(Show sensitivity. On serious subjects, you can always have the child discuss further with their teacher).

If any of these things happen to you, and, you feel sad or lonely, Rocket has some coping tools that can help you feel happy and calm. ..to help you feel better.

You can hug a pet or stuffed animal. (Make motions like you are hugging)

You can build with blocks. (Make building motion)

You can talk to a friend or family member. (Point to mouth)

You can listen to music. (Cup hand on ear)

You can look at pictures. (Put hands like binoculars)
You can even color or draw!

If you are still feeling sad and lonely after trying these coping tools, be sure and **share your feelings with an adult you trust**. They can help you feel better. Remember, all of us can feel sad and lonely at some time. *Even me. Even Rocket*. But we have some great coping tools that can help you feel better. And, always share your feelings.

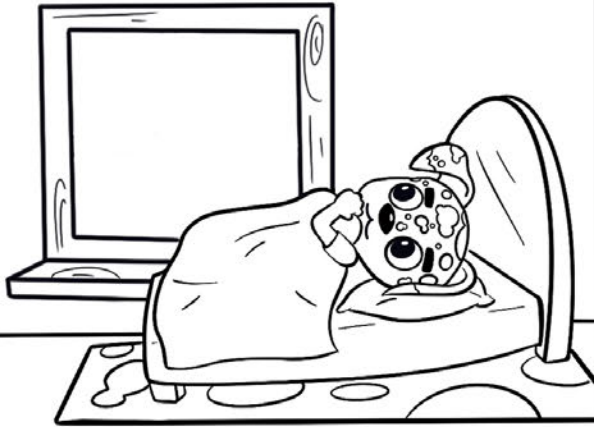
Before I leave Let's do the Rocket Feelings Promise,
raise your hand and repeat after me:

I promise
To Manage my Feelings
To Share My Feelings
So I can do my best every day!

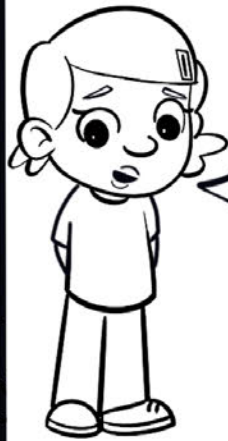
I care about YOU and your feelings too!
That's great.
You've been a great class. Have a happy day. See you soon.

FEELING SAD

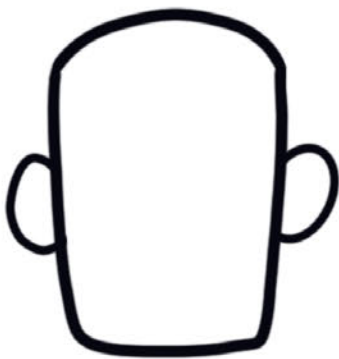
Sometimes you are sad and it won't go away. You may not even feel like eating. If you become really sad, talk to an adult you trust.



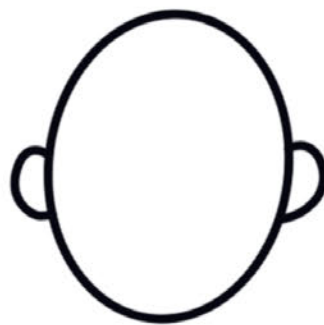
You may have trouble sleeping. Draw a moon to show it is late.



You may want to be alone. Write what you might say if you want to be alone.



Mad



Sad

You may feel mad or sad about small things. Finish drawing the faces to show what "mad" and "sad" look like.

THINGS THAT MAKE YOU SAD OR LONELY

You can feel sad or lonely for many reasons. If you know the thing that makes you sad or lonely, you can talk to an adult to help you find the tools to deal with it.

I get sad or lonely when

This happens...

A lot

Sometimes

Draw a picture of when you were sad or lonely.

Complete the journal entries to write or draw the times when you felt sad or lonely. Then, circle whether this happens to you sometimes or a lot.

WHEN YOU'RE SAD or LONELY...

When you feel sad or lonely, there are tools that can help you feel better. If you feel sad or lonely and it won't go away, talk to an adult you trust.

Across

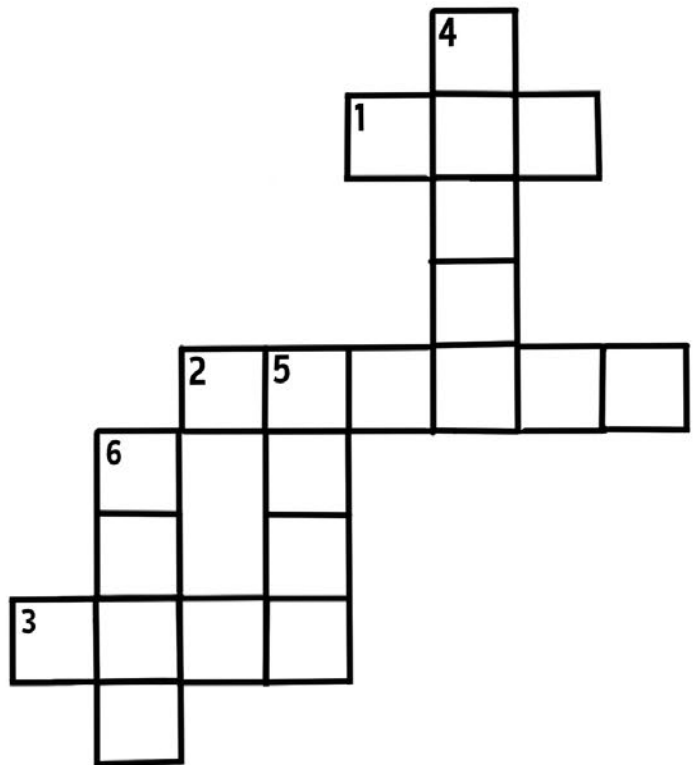
1. ___ a pet or stuffed animal.
2. Build with _____.
3. _____ to a friend or family member.

Down

4. Listen to _____.
5. _____ at pictures.
6. Color or _____

WORD BANK

music	draw
hug	look
blocks	talk



Use the clues and word bank to help you fill in the words on the crossword puzzle to find out what tools can help you feel better .



Congratulations!



For Completing the lesson

**Feeling Sad, Things that Make You Sad
or Lonely, When You are Sad or Lonely**



You're a Rocket Finding Feelings

Super Star!

Instructor signature _____

Signature Rocket  _____ **Date** _____

HOW OTHERS FEEL
BE KIND ONLINE (Cyberbullying)
BE KIND EVERY DAY
Activity Book: Pages 21-23



OFFICER SCRIPT

Hi Kids:

It's great to be at your school.

Today we're going to talk about FEELINGSand about How other people feel.

We will also talk about being kind on line....and how important it is to be KIND EVERY DAY!

We know we have different feelings every day. Sometimes we feel mad, or we feel sad, happy or worried.

Your friends, the kids in your class, and your family, all have feelings just like you do.

If you look at someone's face it might give you a clue about how THEY are feeling. Watch my face and see if you can tell how I am feeling...

(show angry face) If you see this face, how do you think I feel?

(show sad face) If you see this face, how do you think I feel?

(show happy face) If you see this face, how do you think I feel?

When you see someone who is mad, or sad or worried, It's important to understand their feelings and see if you can help. This shows that you CARE about other people! It also shows that you are kind to people and you always want to be KIND.

There are many things you can say or do when you see someone who is SAD or MAD ...you can say :

- CAN I HELP YOU?
- ARE YOU OK?
- WHAT'S WRONG?

If you see someone crying on the playground you can ask them "what's wrong...do you need some help?" If you see someone sitting alone at lunch time, you can ask to sit with them..and talk with them.

That's being NICE and KIND.

Sometimes it's just nice to be KIND TO OTHERS even if they don't look SAD or MAD. There are many ways to be kind to people. It makes others feel good. It also makes you feel good when you are being KIND. Here are kind words you can SAY every day:

- You can tell them that they are a nice person
- You can tell them that the picture they drew was awesome!
- You can tell them they have a nice smile

Nice and kind things you can DO are:

- Help clean up at school or home
- Invite someone new to play
- Hold the door open for someone
- Share your toys, books or crayons with someone

It's also really important to be kind and safe on our computers and cell phones. There is a right way to text and use computers that is friendly and polite and keeps you safe.

Being kind online is saying things like: good luck on your test today, or great seeing you at school. It's important to be polite and friendly with people that you know.

It's important to be nice online or on your phone with your friends and people you know. You might receive a message that makes you feel uncomfortable....

If you receive a text or email from someone you don't know, don't answer it, tell your parents. If you receive a text or email from someone that makes you feel uncomfortable, mad or sad... don't text or email them. If someone makes you feel unsafe, tell your parents immediately. If someone asks you to keep secrets...stop immediately and tell your parents.

So remember....we all have feelings. Watch for other people's feelings. This shows that you CARE about other people.

Now let's do the Rocket's Feelings Promise:

Raise your hand.

I Promise

To Be Kind to Others

To Help People

To Manage My Feelings

So I can do my best every day!

Remember, it's really important to be kind to everyone.. By saying something kind and doing something nice for others it makes them feel good and it makes you feel good. At home, at school, and online, be kind and nice every day!

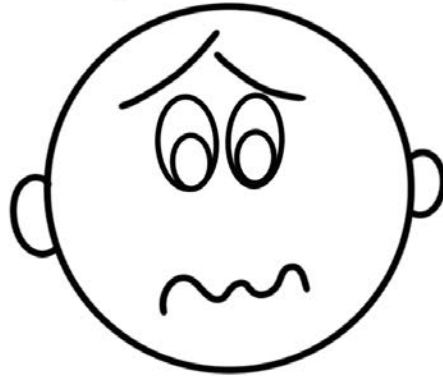
It's been great visiting with you today. You're a great class. See you soon!

HOW OTHERS FEEL

Caring for others is important. Take time to look for clues to understand how others are feeling.



This person feels



This person feels



This person feels



This person feels

Happy	WORD BANK	Mad
Sad		Worried

Finish the sentences by using the word bank. Then, color the pictures.

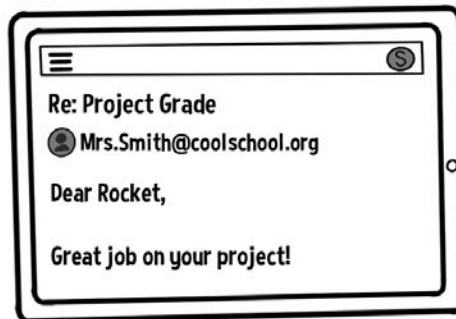
BE KIND ONLINE

It is important to be kind and safe on our phones and computers. If someone is saying something unkind or makes you feel unsafe, tell an adult you trust.



A safe message:

1. Comes from someone you know
2. Is kind
3. Does not ask you personal information
4. Does not ask you to keep secrets



Circle the phones and computers with safe messages.
Put an "x" on unsafe messages.

BE KIND EVERY DAY

It makes others feel good when you are kind to them.
It also makes you feel good when you are being kind!

Every day there are many ways to be kind using words or actions.

KINDNESS

WORDS

That is a great idea!

You can go before me!


Can I help with that?

MENU

ACTIONS



Invite someone new
to play



Help someone clean up at
school or home



Hold the door open
for someone

Look at the kindness menu. If you have been kind in that way, color the items BLUE. Choose one way to be kind every day and circle it with GREEN.



Congratulations!



For Completing the lesson

How Others Feel, Be Kind Online,

Be Kind Every Day _____

You're a Rocket Finding Feelings

Super Star!

Instructor signature _____

Signature **Rocket**  _____ **Date** _____

Sensing Anger Early, What Makes You Mad? and Managing Anger

ACTIVITY BOOK PAGES: 14, 15, 16



Officer Script

Hi Kids! It's great to be here today

How many of you have ever lost your favorite toy? Or someone took your toy? Raise your hands.

You probably felt upset and angry.

Today we're going to talk about how your body feels when you start to get angry or mad and what makes you angry. And, we will talk about how to fix that anger feeling.

Anger is a feeling that everyone gets. Anger does not feel good, but it can be managed when you understand what's happening to your brain and body.

You may feel angry when you are hurt or scared or when you think something isn't fair.

Let's talk about some things that might make you angry or mad...

- Maybe you didn't get to watch TV or play video games
- Or you couldn't play outside with your friends
- Maybe someone took the book you wanted to read
- Maybe your favorite toy broke

Other kids might say things that make you angry or mad:

- They call you a bad name
- or, They tease you about your hair or clothes

Everyone feels angry sometimes, it is not a bad thing! Teachers, police officers, adults, kids... and even Rocket can feel angry! While anger doesn't feel good, if you can recognize it when it first starts, you can manage it and get back to feeling happy and calm.

Your body can feel or sense anger early.

Follow what I do to help you remember what your body feels like when you start to get angry or mad.

Your face may start to feel hot. (Touch cheek/face)

Your heart may beat faster. (Use hand to "pump" on chest as if heart is beating quickly)

Your breathing may get faster. (Put hand in front of mouth while breathing quickly)

Your hands may make a fist. (Show hands in a fist at your side)

You may feel like yelling!

To make sure these feelings do not get worse...

Rocket has coping tools that can help you manage that feeling...and help you get "happy and calm".

–**You can blow bubbles or take deep breaths.** Let's pretend we are blowing bubbles. (Hold up an imaginary bubble wand and pretend to blow bubbles) That's a good one if you are somewhere like your backyard where it is ok to blow bubbles! Or you can just pretend as that is OK too!

–If you are in a classroom, you can always take deep breaths. Take a few with me! (Exaggerate breathing in heavily, hold up fingers to count to 3, then breathe out slowly, holding fingers up to count to 3).

–**You could also squeeze each of your fingers for 3 seconds each.**

This is one of my favorite ones because you can do it anywhere! Try it with me... ready? SQUEEZE two three SQUEEZE two three... (Count while squeezing each finger on each hand.)

You could take a walk outdoors or around the playground. Has anyone ever taken a quiet walk outside and just looked at the trees and plants? (Raise your hand. Respond to students)

– Have you ever just closed your eyes to feel the wind, sun, or even rain on your face?

–How does it make you feel? (Call on a few students) I know Rocket and I were talking about how we always feel so calm after a nice quiet walk outdoors.

–Another one of Rocket’s favorite strategies is to draw something that makes him feel happy. You could do that too!

These tools can help you every day...at home, at school, and in your neighborhood... Remember, if you still feel anger after trying these tools, make sure you talk to an adult you trust..and share your feelings. They can help you feel better.

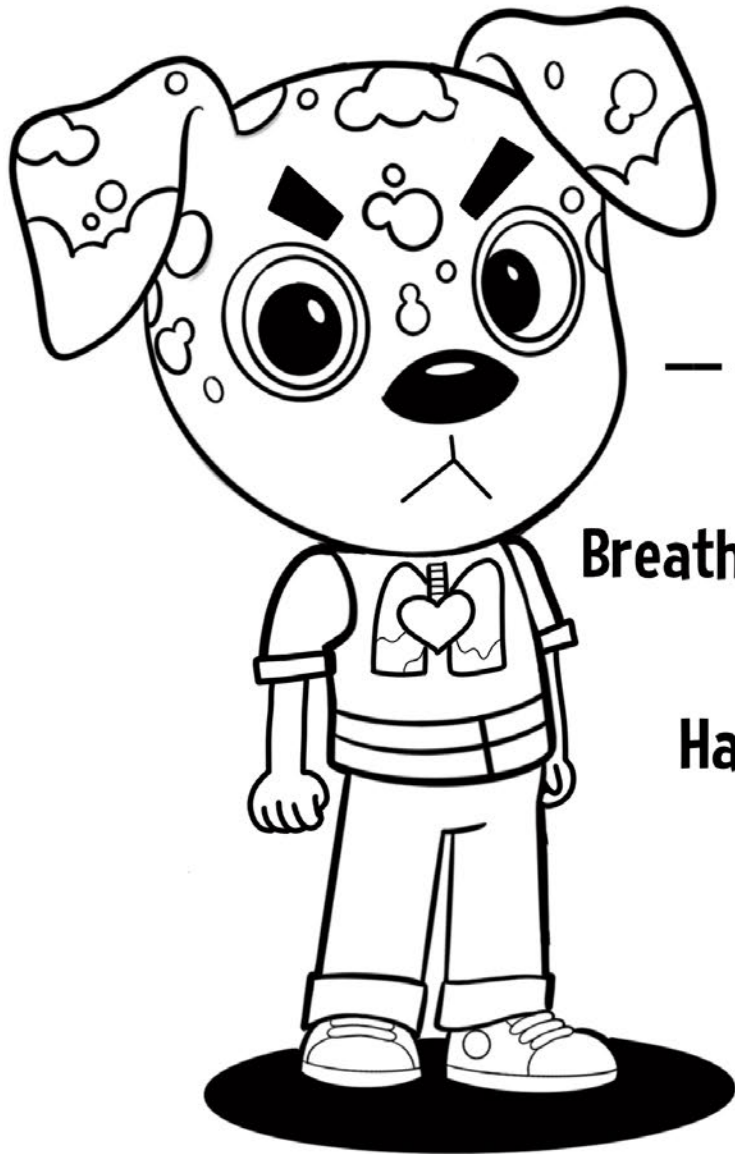
We learned a lot today. Everyone feels angry sometimes. If we recognize our anger early, we have some great tools to help.

Now let’s review, what are some coping tools you can use to keep calm when angry? Raise your hand and tell me some tools we just learned. *[Listen for taking deep breaths, squeezing fingers, taking a safe walk, closing your eyes, drawing...and validating other good ideas]* Anyone have any other tools that work for them?

It was great talking with you today...you’ve been great listeners... have a great happy day! See you soon.

SENSING ANGER EARLY

You can sense anger with your body. If you can sense anger coming early, you can get back to happy or calm more quickly!



Face may feel _____.

_____ may beat faster.

Breathing may get _____.

Hands may make a _____.

WORD BANK

fist	faster
heart	hot

Fill in the blanks using the words in the word bank.

Then, color this page.

WHAT MAKES YOU MAD

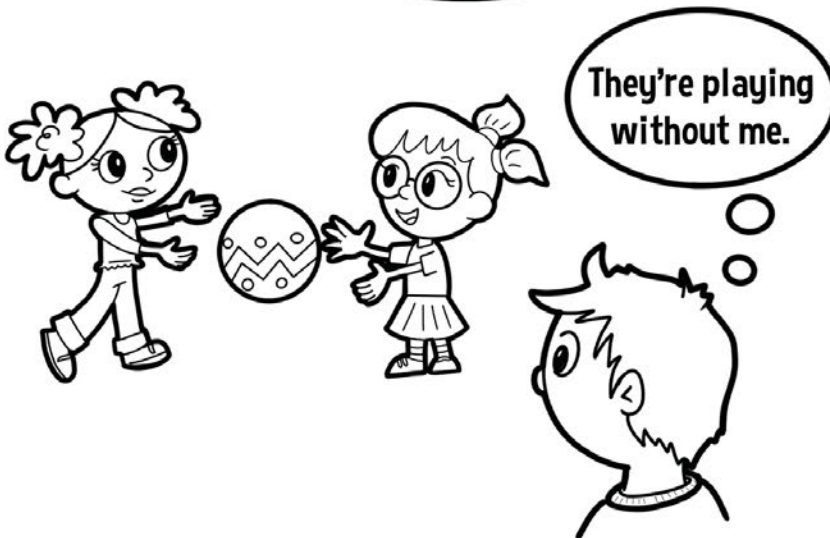
Different situations may make you mad. Whatever your feeling is, it's ok!
Knowing what makes you feel angry helps you manage that feeling.



Mad Not Mad



Mad Not Mad



Mad Not Mad



Mad Not Mad

Think about how the situation would make you feel. Circle Mad or Not Mad.
Then, color these pictures.

MANAGING ANGER

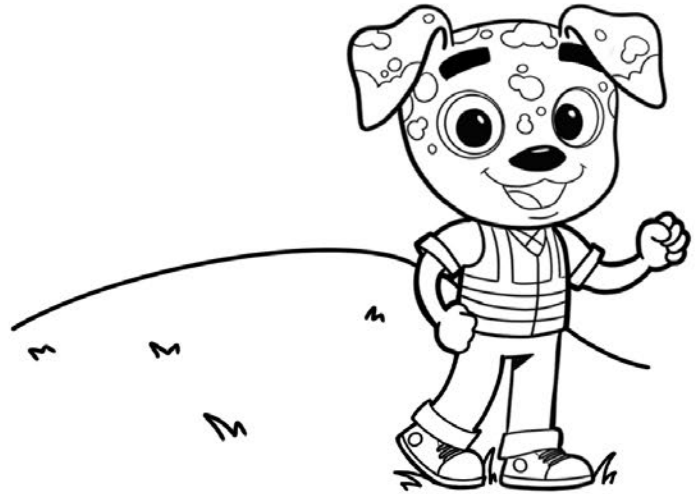
When you feel you are becoming angry, there are things you can do to manage your anger without hurting anyone or making bad decisions.

Blow bubbles or take deep breaths.



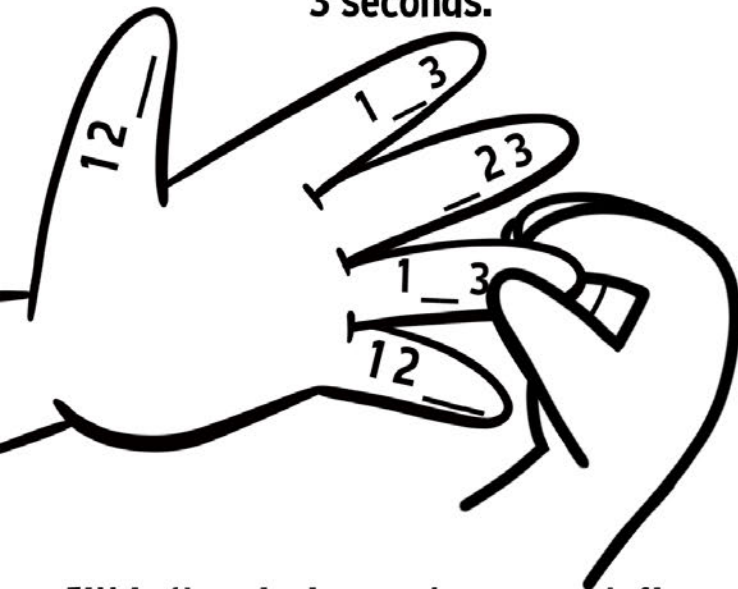
Draw 3 bubbles.

Take a walk outdoors.

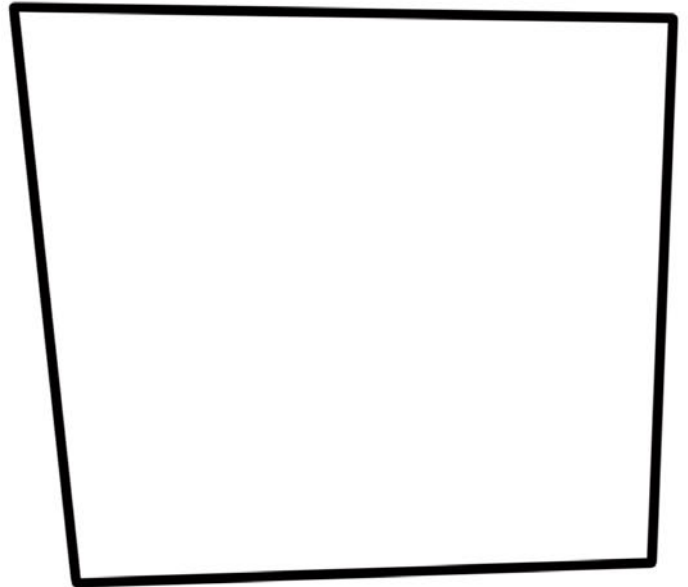


Color Rocket taking a walk.

Squeeze each of your fingers for 3 seconds.



Fill in the missing numbers on each finger.



Write or draw something you are thankful for.



Congratulations!

For Completing the lesson

Sensing Anger Early, What Makes you Mad,

3 Managing Anger

**You're a Rocket Finding Feelings
Super Star!**

Instructor signature _____

Signature **Rocket**  _____

Date _____

“SHARE YOUR FEELINGS”
ACTIVITY BOOK: Page: 7



Officer Script

Hi Kids! It's great to be with you.
Today we're going to talk about "Sharing Your Feelings".

When you're doing something fun, and you are REALLY happy, you like to tell your family and friends about it. You SHARE your feelings with them. I know when I have a good day at school, I want to tell my family about it. It makes me FEEL really HAPPY!

It's ALSO really important to SHARE your feelings when you are feeling sad, worried or even mad. You should talk to an adult you trust, like your parents, guardians, or your teacher. They can help you feel better about these feelings.

Adults you can trust will help you feel safe while dealing with your feelings, especially when you have really BIG feelings that won't go away.

When we have BIG feelings that won't go away and we can't sleep ...we worry. That can make us feel sick or sad and we need to do something about it.

Talking about your feelings when something is bothering you can make you feel better. You should never be afraid to share your feelings.

— maybe someone in your family is very sick and you are so worried and sad....when you share your feelings with someone you trust...they can talk to you...and help you with your feelings....so you feel better.

– maybe someone is mean to you at school and won't let you play with them...this makes you feel bad and sadif you share your feelings with your teacher or parent...they will listen to you...and can help.

I have adults I trust to share my feelings with _____
[officer/teacher: name someone that you trust]

Rocket has adults he shares his feelings with also....
You may have adults you can trust that you share with like:..parents, guardians, grandparents, teachers and doctors

How do we know who we can share with?....How do we know who can help?
Let's think about how to choose an adult we can trust in order to feel safe

(Have children copy your hand signs after you read each of these 4 Adult trust statements):

An adult you can trust **cares about you** (Now make a heart with your hands)

An adult you can trust **helps you** (Hold out your hands)

An adult you can trust **listens to you.** (Hold your hand up to ear)

An adult you can trust **makes you feel safe** (Hold hands over chest)

Remember, we have many adults that we trust and can share our feelings with...like...Parents, grandparents, guardians, teachers, officers, doctors, school nurse or school counselor.

When we share our feelings with adults we trust, they can help us know what to do next. Sometimes, it just feels good to talk to a person who cares about you!

Now, close your eyes and picture one person who may be a trusted adult you can talk to. Raise your hand to share what person you trust and why.....

That's great! This person should make you feel safe and helps you..

Let's all remember to think about adults you can trust so that when you have big feelings and you need to talk to someone, you know who to go to!

It's important to SHARE all of your feelings! 2 thumbs up if you know what to do when you have BIG feelings!

Let's take the Rocket Promise...Raise your hand. Repeat after me:

I Promise

To Manage My Feelings

To Share My Feelings

So I can do my best every day

And, don't forget to share your fun feelings of happiness and excitement with your friends and family...That's great. See you soon.

Reflection Questions:

1. How do you know how to choose an adult you can trust?
2. Who are some adults you can trust?
3. Why is it important to share your feelings?

SHARE YOUR FEELINGS

Sharing your feelings can help you feel better.
Always share with trusted adults.

An adult I can trust...

Cares about me



Helps me



Listens to me



Makes me feel safe



Read Rocket's checklist for finding adults he can trust. Do the hand motions with Rocket to help you remember how to choose a trusted adult. Then, color this page.

Congratulations!

For Completing the lesson

Share Your Feelings _____



You're a Rocket Finding Feelings

Super Star!

Instructor signature _____

Signature *Rocket* _____

Date _____

**TOOLS FOR FEELING HAPPY and CALM -- FEELING HAPPY
ACTIVITY BOOK pages: 17-18**



Officer Script

Hi Kids! It's great to be with you!

Today we're going to talk about "How to Feel Happy and Calm" every day. This lets us do our best all of the time: at school, at sports, when you are hanging out with your friends, and at home.

Remember, all of your feelings are in your brain, and your brain feels strong when you feel happy and calm.

First, Let's talk about Calm...when you're calm, you're not worried. You feel relaxed. You're not frustrated. You want good things to happen. I'm calm when I'm petting my dog....or listening to my favorite music....

When I'm going to visit my friend, I always think I'm going to have a good time..not a bad time. That's thinking positive. That helps me stay calm.

So, what makes you feel calm? What do you like to do that helps you be calm? (ask a few kids for answers).

.... And, when I'm calm, it helps me be happy so I can do my best and have fun.

Now-Let's talk about happy...you feel good on the inside...you are smiling... You enjoy what you are doing... when I'm playing basketball with my friends I'm really happy...I'm also really happy when I eat my favorite pizza or ice cream...give me 2 thumbs up if you are happy when you eat pizza or ice cream!

Think about What makes you feel happy at school? (ask a few kids for answers)

What makes you happy when you are at home?

Now close your eyes and think about a place or the person that makes you feel happy and calm. Who can tell me what they are thinking about?

When you feel happy and calm, that means you are able to listen, learn something new, play games with your friends, or even enjoy a movie or video game!

Being happy and calm makes our body and mind ready for many activities. When your brain gets happy you also learn more in school.

But did you know you can be happy but not be calm? Let me tell you about a time when you might be happy but not calm.

On the playground....you might be running around...having fun with friends....playing on the slide....and you are really happy. And you are excited, laughing out loud, and yelling to your friends with a big voice...because you are so happy..... that's great...but that's not being calm.....you have LOTS and LOTS of energy!

That may be ok for outside play....

BUT.....When you are inside the classroom....but you need to be calm so you can learn and do your work.....you can be really happy....but you can't be using big voices, yelling to your friends and running around....

When you do your art project or class work.... If you're calm you can do a better job! If you're calm..it helps others around you listen better and learn better. Then everyone does a better job!

If your body and mind are too excited and out of control and...you just can't pay attention and focus. You can't learn. It's fun to be excited, but you can't be out of control. You can't be fooling around as that doesn't help you or your friends when trying to learn.

NO ONE can feel happy and calm ALL the time. For example, sometimes I'm tired and a little angry, but Rocket has some tools that I use

to help me feel “happy and calm.” Thumbs up if you are ready to hear them *[demonstrate thumbs up so the students follow]*

Whenever you’re feeling sad, mad or angry you can use these tools....

The first thing you need to get happy and calm is a good night’s sleep...that’s 10 hours of sleep... this makes your brain feel better. Just like plants need a little water and a little sun every day to grow. Your body need rest and sleep.

Next, you also need exercise every day. This makes your body feel healthy and strong.

Here’s another idea: you can blow bubbles or even just take some deep breaths. Let’s do 3 deep breaths together. 5 seconds in and 5 seconds out.

Ready? (Breathe in and hold up fingers to count to 5 seconds breathing in, and 5 seconds breathing out. Repeat 3x)

You can also do something I call dots and squeezes. Take one hand and gently squeeze each finger on each hand for three seconds. (Do this while counting out loud).

Another thing you can do is to use your senses to help you focus on happy and calm: Thinking about one thing you can **see, hear, feel, touch, and smell** helps you.....like petting your dog, smelling a great flower, or eating a cookie.

Remember that your feelings are never wrong. Sometimes you need a little help to feel better. Talking to a trusted adult like parents or teachers can help you.

Remember, feeling happy and calm will let you do your best work every day.

Let's do our Rocket Promise:

I promise
To Manage My Feelings
To Share My Feelings
So I can do my best every day

You were a great class. I feel great visiting with you. I hope you feel great too. Bye for now. Have a happy and calm day. See you soon!

Reflection Questions:

1. What are some things you can do to get "Happy and Calm"
2. Do you work better when you are sad and mad or happy and calm?
3. If you feel out of control in the classroom, what can you do to calm down?

TOOLS TO FEEL HAPPY and CALM

There are many ways to feel happy and calm. These are called **COPING TOOLS**. You can use **COPING TOOLS** every day, wherever you are, for all feelings, including big feelings. When these tools are just not enough, talk to an adult you trust about how you are feeling.

Spend Time Outside



Blow Bubbles



Use Your Senses



Take Deep Breaths



Drink Water



Exercise



Dots and Squeezes



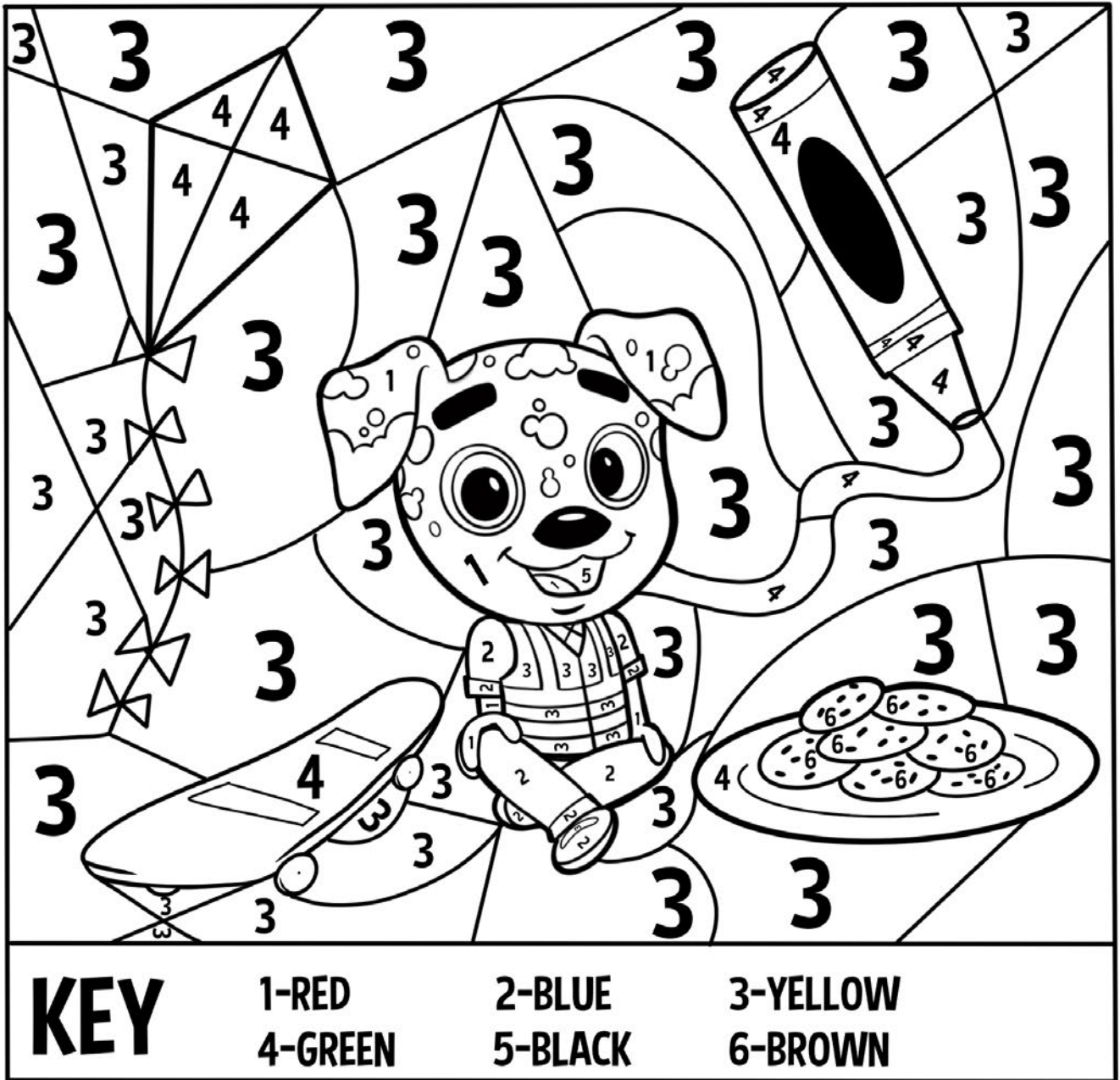
Get Enough Sleep



Circle the things you should do every day to keep your feelings just right.
Then, color this page.

FEELING HAPPY

There are many activities that can help you feel happy.



Use the key to color the picture and find out what things make Rocket feel happy.



Congratulations!

For Completing the lesson

Happy and Calm

You're a Rocket Finding Feelings
Super Star!

Instructor signature _____

Signature **Rocket**  _____ Date _____

“YOUR FEELINGS and YOUR BRAIN”

“Recognizing Feelings”

“How You Feel Today”

ACTIVITY BOOK PAGES: 1-3



OFFICER SCRIPT–

Hi Kids!

I'm so happy to be here today in your class...

Today we're going to talk about “Your Feelings and Your Brain”.

Your brain is AMAZING! It controls how we move, think, and even how we feel! It's kind of like the controller of a video game!

It's important to remember that our brain is WORKING all the time... taking in information and this is what controls how we feel about what is going on around us.

Your brain helps you **THINK** about your **FEELINGS** and what you will **DO**...because of those feelings. **Think-Feel-Do. Your brain helps you recognize and manage your feelings.**

You can have many different kinds of feelings: sometimes you might be happy, or sad, mad, or worried. ... How do you feel when it's time for recess time..... happy or sad?

Now, raise your hand if you are happy at recess. It would make me happy too! I'd look like this!

(Make a happy face). Can everyone show me your happy face!
That's great.

Now how would you feel if your friend tried to take your toy? Show me how you feel. (Respond to their facial expressions...) Yes, that would make me mad too! When I'm mad I look like this (make a mad face at the kids, put

hands on hips, lean forward, etc.) Can everyone show me your mad face??

Here's another situation...

Sometimes I feel nervous or worried when I take a test or have to talk in front of a class. This is what my face looks like when I feel worried. Now show me what your face looks like when you feel worried about something. That's great. I see a lot of worried faces.

Raise your hand if you want to tell me what makes you nervous or worried?
(show compassion to student comments: I understand how you feel)

Now show me how you would feel if you worked really hard on drawing a picture... and your little brother or sister tore it up... . Yeah. I would feel really sad and look like this (show sad face and body language). Can you show me your sad face?

That's great! Those are some of the feelings we could feel every day! Your feelings are never wrong! You can even feel a lot of different feelings in one day. You can feel happy when you are eating ice cream cone, and then feel sad if the ice cream cone falls on the ground.

Now let's take a minute to think about how you feel today.

Show me with your face how you are feeling right now. I see a lot of different feelings!

Sometimes our feelings can get out of control. Some of our feelings are small, and some feelings are really big. For example, on the playground it's ok to be running around, yelling to friends, and feeling very happy. But in the classroom, we can't run around and yell....we have to manage and be in control of those feelings.

There are helpful and harmful ways to deal with your feelings. And when you understand your feelings better, you can be prepared to deal with them in a healthy and helpful way!

There are a lot of ways to deal with our feelings. When I am feeling a little sad, a little worried, or a little mad, one way I like to take slow deep breaths. That helps me get back to being happy and calm. I learned this from Rocket.

Can you do it with me? We will take 3 deep breaths together... 3 seconds in and 3 seconds out. Ready? (Breathe in and hold up fingers to count to 3 seconds breathing in, and 3 seconds breathing out.)

Try taking deep breaths next time you feel a little sad, a little mad, or a little worried? (wait for response) That's great! I'll let Rocket know you're all trying this coping tool!

If your feelings get **really BIG**, like when you are really sad, really mad, or really worried...and the feelings just won't go away....you need to share your big feelings with an adult trust like your parents, guardians, or teacher.

Today, you learned a little bit about your feelings...and how all your feelings start in your brain....

Now let's do the Rocket's Feelings Promise:

Raise your hand.

I Promise

To Manage My Feelings

To Share My Feelings

So I can do my best every day!

Next time I come, we will be talking more about your feelings and how to manage them so that we can stay happy and calm every day.

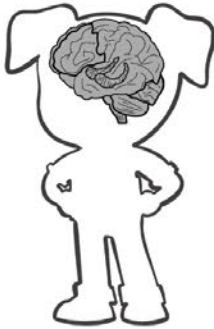
I had a great time visiting with you today.

Let's all put on our happy face now! See you soon!

YOUR FEELINGS and YOUR BRAIN

Your brain does many things. It thinks and it controls your feelings and your reactions (things you do). Your brain is the control center just like a controller on your video game.

Your brain helps you THINK about your FEELings and what you will DO because of those feelings. Your brain helps you recognize and manage Feelings.



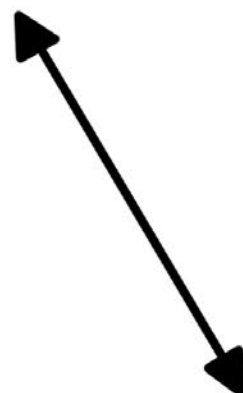
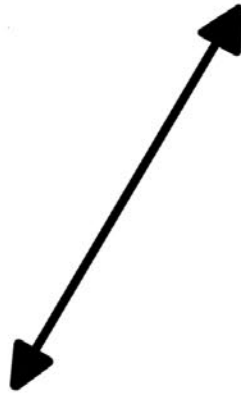
THINK



FEEL



DO



Color the pictures and words.

RECOGNIZING FEELINGS

Everyone has feelings. We have feelings every day. It is important to recognize these feelings in ourselves and other people.

MAD

HAPPY

SAD

WORRIED



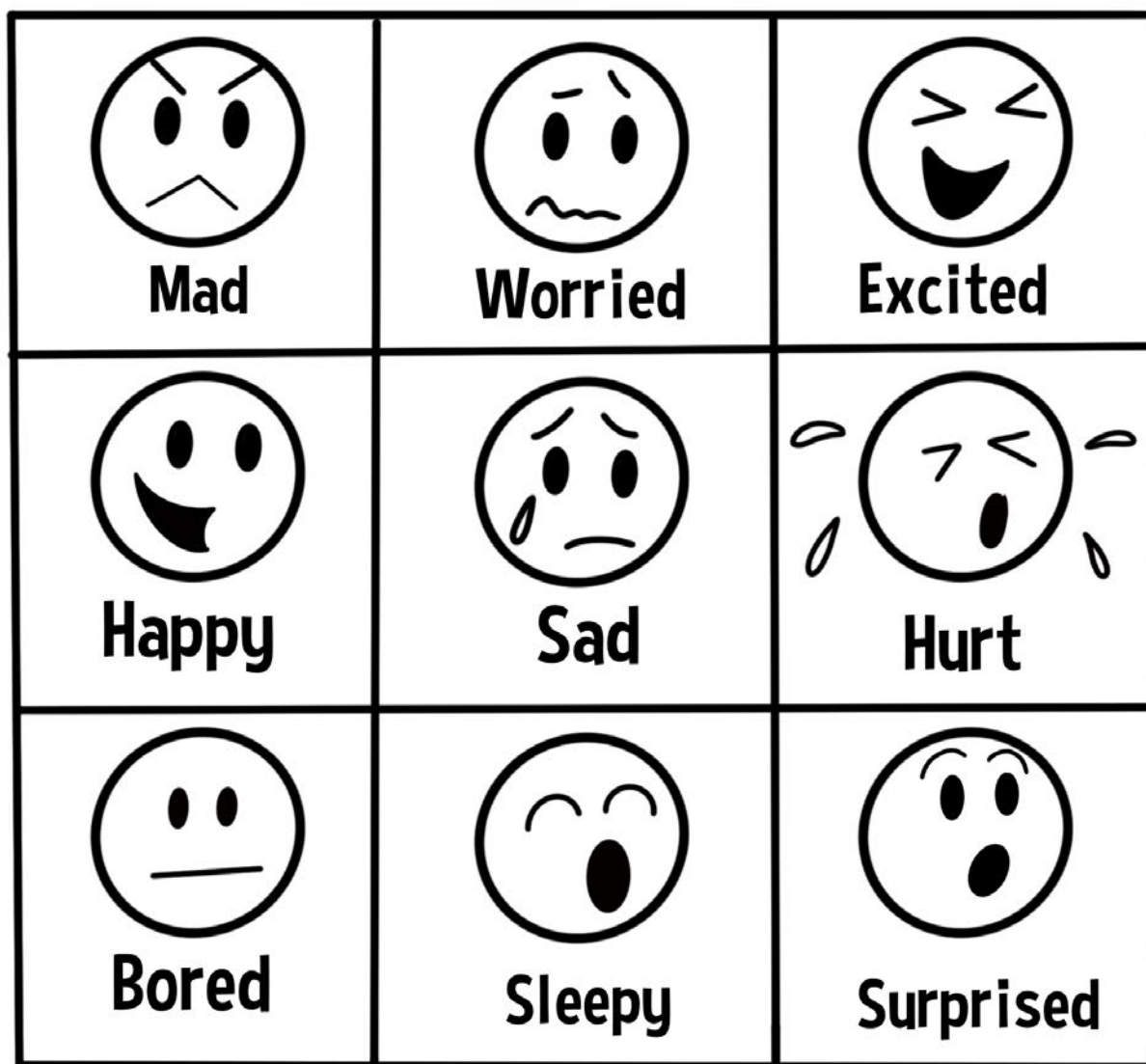
2.



Draw a line from the word to the picture that describes Rocket's feeling.

HOW DO YOU FEEL TODAY?

You can have many different feelings in a day. Your feelings are never wrong, they are reactions to what happens around you. There are helpful ways and harmful ways to respond to your feelings. When you understand your feelings, you will be better able to manage them and be ready to learn.



Color the faces that show how you are feeling today.
You can have more than one feeling.



Congratulations!

For Completing the lesson

Your Feelings and Your Brain, Recognizing Feelings,
How You Feel Today _____

**You're a Rocket Finding Feelings
Super Star!**

Instructor signature _____

Signature **Rocket**  _____ Date _____