

“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 _____