



Topic to teach: Big Feelings That Won't Go Away

Lesson: Activity Book, Page 13

Length of lesson: 30 min

Goal: Teach students that “big” feelings may require help from adults.

Objectives:

- Learn that asking for help is ok
- Identify “big” feelings

Vocabulary:

Discuss these terms prior to the lesson:

Big Feelings
Trust
Safe

Materials:

1. “I Can” statement printed and cut out
2. Finding Feelings Activity book - Page 13
3. Pencils and crayons
4. Big feelings worksheet for grade K, 1, or 2
5. (Optional) Projection of lesson

“I Can” statement:

Display and read the “I Can” statements before and after lesson delivery.

I can identify big feelings!
I can ask for help!

Attention Grabber

Tell the students to listen very carefully to the story about Rocket. You will be asking what FEELINGS he felt in the story and talk about what tools were used.

Rocket woke up ready for his Saturday to begin! He threw on his basketball uniform and ran to practice. He was so excited when he got there, but... he noticed his friend looked sad. Rocket asked his friend what was wrong. Rocket's friend said that this weekend his fish had died. He didn't feel much like himself. He didn't want to eat or talk. Rocket asked his friend if he was starting to feel any better yet, but he said he felt about the same. Rocket suggested that he talk to an adult he trusted. Rocket's friend thought about it. He said that maybe his uncle, who was a counselor, would be good to talk to. The next day, Rocket talked to his his friend and asked how he was doing. He said that his uncle helped him find some tools that worked for him, like hugging a stuffed animal that looked like his fish, and drawing pictures of his fish. He said didn't feel happy yet, but he started feeling a little bit better, and he thinks if he keeps using tools and talking to his uncle, he will keep feeling a little better every day.

Ask the students to show with their face and body how Rocket's friend was feeling. (Sad or Very Sad)

Ask students to turn to an elbow buddy and share a time they used the coping tools Rocket used (hugging a stuffed animal and drawing or coloring)

-2nd grade: Ask students to discuss how these two tools could be appropriate in different setting or even the same setting depending on the situation.



Topic to teach: Big Feelings That Won't Go Away

Lesson: Activity Book, Page 13

Lesson

Today we're going to talk about BIG FEELINGS that won't go away. We have all felt Sad, Mad, or Scared at some time. Sometimes, this feeling only lasts for a little while or it is just a little feeling. Little feelings are like you couldn't go out and play and you're a little sad, or a monster movie on TV makes you a little scared. Sometimes, the feeling is big. Sometimes, the feeling lasts a very long time and we might feel like it cannot be stopped. Sometimes people feel very sad and it won't go away, or people

begin to feel really sad all at once. If you feel this way, you should talk to an adult you trust. Sometimes, this sadness feels different than usual because of how big it is or how long it lasts. Sadness does not always look like crying. You may have trouble sleeping. You may feel mad or sad about small things. You may want to be alone or not feel like eating, even your favorite foods. When these things happen, it is helpful to talk to an adult you trust about how you feel so you can start managing this feeling.

Big feelings can also come from being very scared. Adults and kids can have big feelings. Hurricanes, tornadoes, fires, and even big fights can cause these big feelings. Even after these things stop, we're still afraid and scared that it might happen again, or we can't stop thinking about it.

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... it is even possible that 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 adults we can trust when we feel very sad, very mad, or very scared.

We should talk to adults we trust about our feelings....Especially when we have big feelings. They care about you and will listen to you. They will help you feel safe. You can talk to an adult you trust and they can help you start to feel better.

Some people who make me feel safe are: my mom and dad, my grandparents, my doctor, and when I was in school: my teacher. Who can tell me some people that you trust that make you feel safe? (Complete page 13 in Activity Book)

When you talk to an adult you trust they might help by asking you a few questions like: What happened that makes you feel so sad, mad, or scared? Where are you when you feel this way?

Everybody has days when they feel scared or sad. Talking to your trusted adult really helps. They 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.

(Complete the "Big Feelings" worksheet for the appropriate grade level.)

Extended Thinking

- How will you know you are having a "big feeling" (it might feel different, come all at once, or last a long time)
- What should you do if you are having a big feeling? (Talk to an adult you trust)
- If you talk to an adult you trust, it is important to be honest so they can help you. What kind of questions might they ask? (What happened? Where are you when you feel this way?)

2nd grade: Do you think feelings can start out little and turn into big feelings? How might this happen?

Standards

CASEL Competency: Responsible Decision Making

W.K.3 Use a combination of drawing, dictating, and writing to narrate a single event or several loosely linked events, tell about the events in the order in which they occurred, and provide a reaction to what happened.

W. 1.2 Write informative/ explanatory texts that name a topic, and provide some sense of closure.

W.2.2 Write informative/ explanatory texts that introduce a topic, use facts and definitions to develop points, and provide a concluding statement or section.



Big Feelings That Won't Go Away

Complete the sentences to show when you have big or little feelings, then read the passage with an adult you trust.

I feel a little sad when

I feel a lot (very) sad when

I feel a little mad when

I feel a lot (very) mad when



Big Feelings That Won't Go Away

Complete the sentences to show what you do when big or little feelings happen, then read the passage with an adult you trust.

There are all kinds of feelings. There are also big feelings and little feelings. Some feelings last a little while. Some last a long time.

I have little feelings when _____

_____ .

I have big feelings when _____

_____ .

When a little feeling happens, I _____

_____ .

When a big feeling happens, I _____

_____ .

All feelings are ok to feel, but sometimes we might need help manage them!



Big Feelings That Won't Go Away

Complete the sentences to show what you do when big or little feelings happen, then read the passage with an adult you trust.

There are all kinds of feelings. There are also big feelings and little feelings. Some feelings last a little while. Some last a long time.

Little feelings could happen when _____

Big feelings could happen when _____

I deal with little feelings and big feelings in different ways. When I have little feelings, I _____

When I have big feelings, I _____

All feelings are ok to feel, but sometimes we might need help manage them!



I can identify big feelings!

VOCABULARY

Big feelings

Trust

Safe



I can ask
for help!

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 _____