

“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.



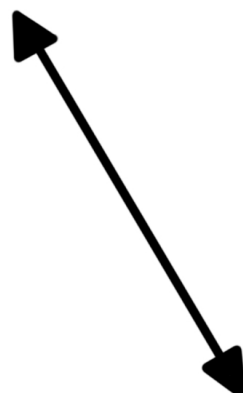
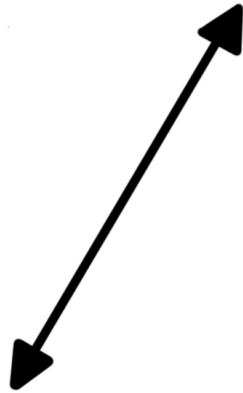
THINK



FEEL



DO



Color the pictures and words.

RECOGNIZING FEELINGS

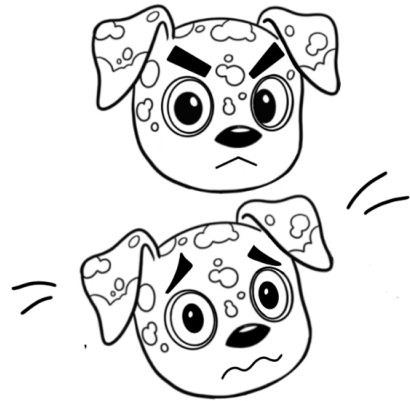
Everyone has feelings. We have feelings every day. It is important to recognize these feelings in ourselves and other people.

MAD

HAPPY

SAD

WORRIED



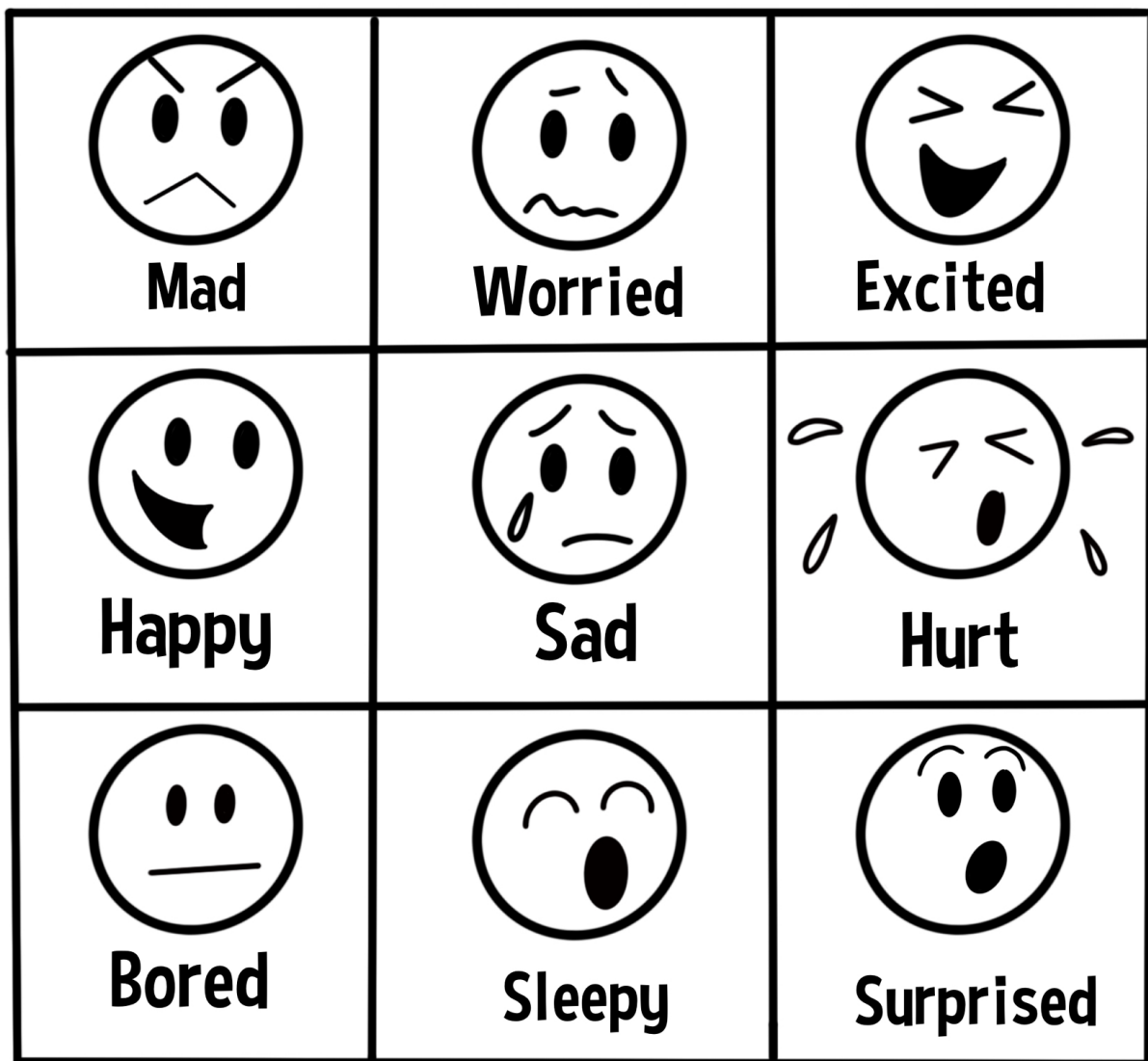
2.



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 _____