

**“SHARE YOUR FEELINGS”  
OFFICER SCRIPT - 6/22**

**ACTIVITY BOOK PAGE(s): Share Your Feelings**

**Hi Kids,  
Today we’re going to talk about  
“SHARE YOUR FEELINGS”**



**Before we start a new lesson, let’s review our 6 senses  
and how our senses keep us safe every day.**

**Can everyone follow me?**

**SIGHT** - Everyone blink your eyes 3x – your eyes watch for things around you to keep you safe

**HEARING** - Point to your ears – your ears hear sirens and cars coming too!

**SMELL** - Point to your nose -- your nose smells things like a hot pizza or maybe even a burning fire!

**POINT TO YOUR MOUTH** - Your sense of taste lets you know how good ice cream tastes..but also if something is not safe, or poisonous AND Your VOICE lets you shout for help when you need it!

**WIGGLE YOUR FINGERS** - That’s your sense of touch! your fingers will let you know if things are too hot, or dangerous to touch.

**AND THE 6<sup>TH</sup> SENSE** -- is that feeling in our tummy that something might feel unsafe...if this happens to you immediately tell an adult you trust like a teacher, parent or guardian...

**That’s great! That’s our 6 senses review.**

**Now, we are going to talk about our feelings. Every day we all have different kinds of feelings about things.**

**Sometimes we are very happy or excited...sometimes we feel sad, nervous, scared, or angry. Maybe someone is very sick in your family and you may feel worried.**

**If you lost your pet or someone took your bicycle you may feel sad or mad.**

**When you get to eat an ice cream cone, how do you all feel? Happy!  
What if your ice cream cone dropped on the floor, how do you feel? Sad/Mad**

**If you lost your favorite toy, how would you feel? Sad/Mad**

**In every situation we can have different feelings...**

**It's ok to have all these different feelings. Sometimes our emotions/feelings are really BIG...VERY BIG. Like we get VERY MAD, OR VERY SAD, OR VERY WORRIED...when the feelings just won't go away and you can't stop feeling that way it's a good idea to talk to someone about it. Share your feelings with someone you trust and makes you feel safe, someone who cares about you, listens to you, and can help you...like mom, grandparents, guardians, teachers, and others. When you keep it all to yourself it only makes things worse. Don't be afraid to share your feelings. When you share, you will feel better.**

**Before you get VERY MAD or VERY SAD...**

**.... Here are some special tools that can help you feel better when things are not quite right....**

**You can help yourself by using these tools...**

**–you can blow bubbles and take deep breaths to keep me calm  
*(ask students to take 3 deep breaths slowly)***

**–you can “squeeze” each of your fingers for 3 seconds each**

**–you can draw a picture of something that makes me happy**

**–you can use your senses and think about 1 thing: you can see, 1 thing you can taste, 1 thing you can smell, 1 thing you can touch, 1 thing you can hear**

**Remember to use my tools to help you calm down.**

**Remember, other kids have feelings too.**

**Sometimes we get so angry or mad that we might do something, or say something that hurts someone else. We don't want to ever do that.**

**If you see someone at school that is sad or upset, go over to them and ask them if they are ok. Be a friend and listen to them. That**

**shows them that you care. You can also tell them that you care about them.**

**Remember, everyone has feelings. Don't be afraid to ask for help and talk to someone right away.**

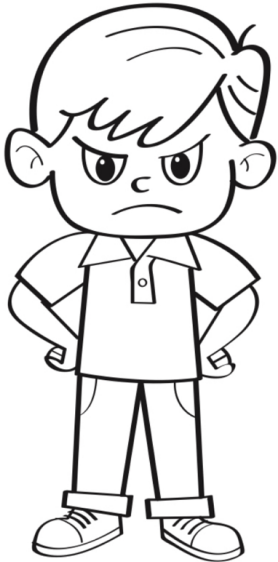
**Share your feelings. Use my tools for being happy and calm when you need them .....Have a great day....  
and remember I care about you!**

### **QUESTIONS for KIDS:**

- **How are you feeling today? (sad, happy, angry)**
- **What are some different kinds of feelings?**
- **What happened today or yesterday that makes you happy (or sad, scared, angry)?**
- **If you are feeling a little sad, who can you talk to? (friend, teacher, parent)**
- **What's something you can do to help you feel better?**

# SHARE YOUR FEELINGS

Don't be afraid to ask for help from your teacher, parent or a trusted adult.



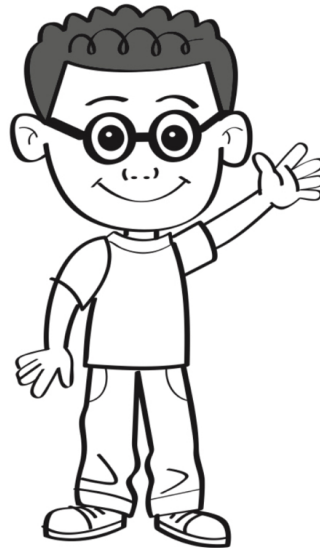
**ANGRY**



**SCARED**



**SAD**



**HAPPY**



... color this page.



**Draw a picture of how you feel today.  
Then write about how you feel and why.**



**Today I feel** \_ \_ \_ \_ \_ **because** \_ \_ \_ \_ \_

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# Congratulations!

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For Completing the lesson


## Share Feelings

You're a Rocket Rules

Safety Super Star!



Instructor signature \_\_\_\_\_

Signature Rocket  \_\_\_\_\_

Date \_\_\_\_\_