

## *For You to Know*

Your senses—sight, hearing, touch, taste, and smell—give you information about the world outside you. Your feelings give you information about the world inside you. Knowing how to manage your feelings helps you take care of yourself and get your needs met. When you know how to manage your feelings in healthy ways, you can feel more confident about yourself.

Mrs. Johnson, the school social worker, was talking to Jacob's class. "Who can tell me a feeling they've had today?" she asked.

"Happy!" said Jacob.

"Anyone else?" The students called out five more feelings: excited, lonely, bored, disappointed, and frustrated.

"Good job," said Mrs. Johnson. "You have just completed step one in managing your feelings, which is to *name them*." She pointed to a four-step plan she had written on a flip chart.

### How to Manage Your Feelings

1. Name them.
2. Accept them.
3. Express them safely.
4. Decide what you need to take care of yourself.

"Step two," she said, "is to *accept your feelings*. You have a right to feel all feelings. If you ever feel excited, lonely, bored, disappointed, frustrated, or anything else, that's okay."

## Managing Your Feelings

## Activity 17

"The third step," she went on, "is to *express your feelings* so they don't bottle up inside of you and give you a headache or stomachache. But you have to let them out in a safe way. What's a safe way to let out sadness?"

"Talk to someone," said Jacob.

"Cry," said another student.

"Good!" said Mrs. Johnson. "What's an unsafe way to let out sadness?"

"Do something that would hurt you," someone said.

"Right again," said Mrs. Johnson, and she continued.

"Step four is to *decide what you need to take care of yourself*. We can either meet our needs by ourselves or ask for help. If you are feeling sad, how can you take care of yourself?"

"Try to fix whatever you're sad about," said one child.

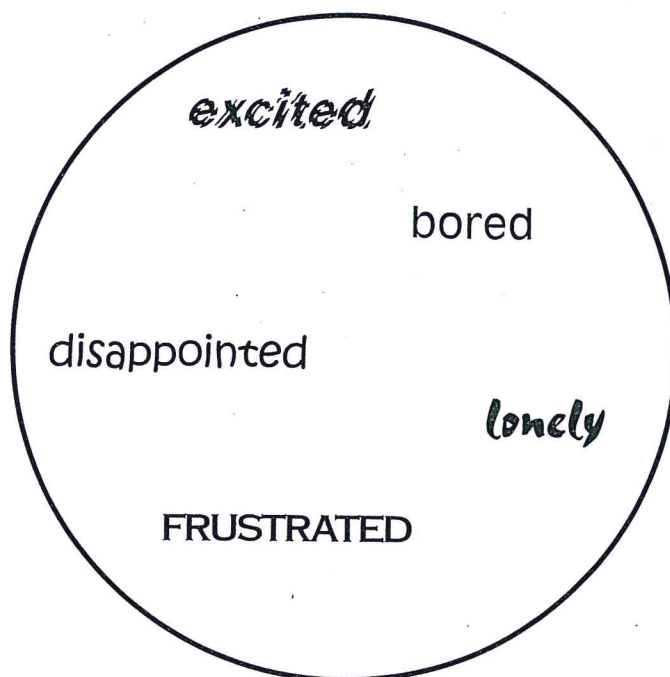
"Right," said Mrs. Johnson, "and how could you ask for help?"

"Ask your mom for a hug," Jacob said.

"Good idea," said Mrs. Johnson. "You've learned the four steps. Remember, you can apply these steps to other feelings, too."

***For You to Do***

Pick a feeling by closing your eyes and pointing your finger anywhere on the circle. Open your eyes and see which feeling you have picked. Then fill in the chart. Repeat the game until you've used all the feelings.



Name of Feeling	A Safe Way to Express This Feeling	How to Take Care of Myself

Copy this sentence on the next line: It's okay to feel all my feelings.

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### *... And More to Do*

What feelings can you think of that are hard to name?

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What feelings can you think of that are hard to accept?

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What feelings can you think of that are hard to express safely?

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What feelings make it hardest for you to take care of yourself?

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Name three people who you could turn to when you need help managing your feelings.

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Describe a time when you saw someone manage a feeling well. Write the person's name, the feeling, and what that person did.

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Describe a time when you saw someone manage a feeling poorly. Write the person's name, the feeling, and what that person did.

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