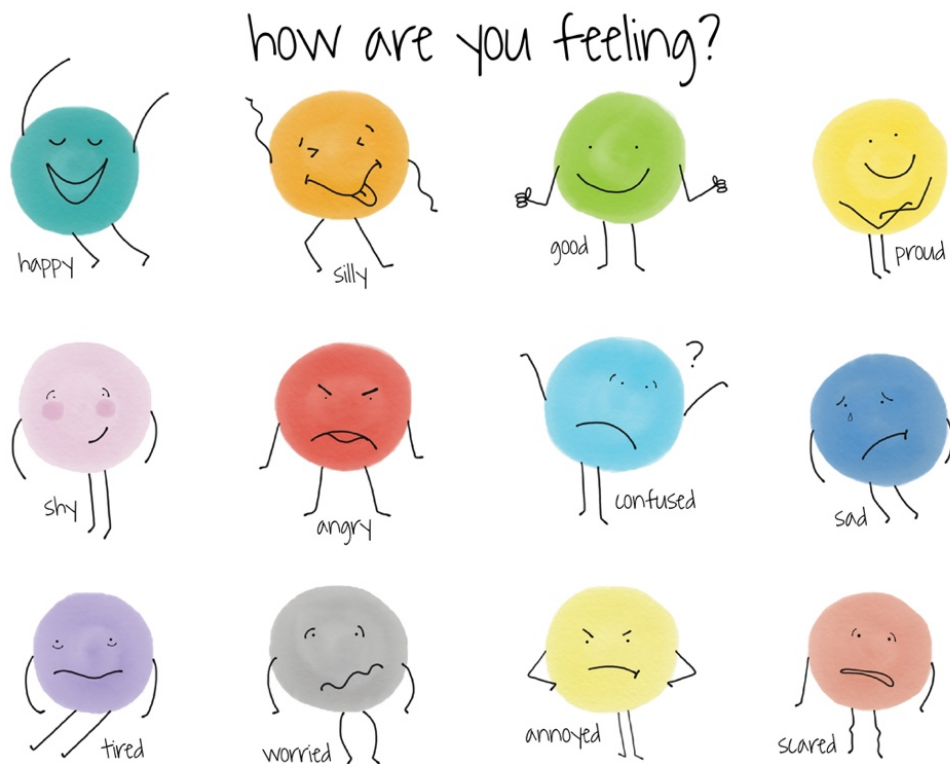


LO: To understand how to deal with feelings over events we can and can't control

Starter

Write down or draw all the feelings you have experienced in the last week.

Here are some example of feelings you might have experienced:



What is helpful about feelings?

- Feelings are normal
- Feelings serve a useful purpose – they might be telling us something we need to know - they can be a message
- Feelings come and they go
- We can do things to help us increase positive emotions and to manage the more challenging ones

Your Task

Build on what works:

To help us manage difficult feelings, such as feeling sad, worried or angry we can think about what we already do that makes us feel good.

List all the things you do that make you feel good and change your feelings.

Here are some examples:

WHAT CAN HELP...
COPING STRATEGIES PRINTABLES

WHOLEHearted
SCHOOL COUNSELING

when I feel stress:
Exercise
Play Outside
Discover Treasures in Nature

When I feel blah OR BORED:
Build
Play a Board Game

when I feel alone:
Listen to Music
Cuddle or Play with Your Pet

when I feel sad or hurt:
Get a Hug
Journal or Write a Letter

WHEN I FEEL ANGRY:
Ride a Bike or Skateboard
Jump On A Trampoline

when I feel worried:
Create Origami
Visualize a Calm & Peaceful Place