

MY FEELINGS, MY STRATEGIES

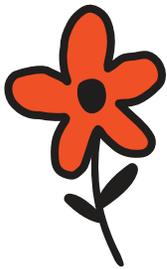
Sometimes it can be difficult to share how we feel or what we are thinking. But people cannot read our minds, so it's important to communicate our feelings, especially if we need help to feel better.



Part 1: With your partner or group, take turns asking each other the questions below and answering them to get to know each other.

1. What makes you super happy?
2. What is the scariest thing you can think of?
3. What do you really like to do with your family?
4. Do you have a favorite song? What is it?
5. What is your favorite holiday? What do you like about it?

Part 2: Some situations and feelings are easy to cope with, others are not. On the first line of each sentence below, write a feeling such as stressed, worried, sad, or confused. On the second line, write something you can do to make yourself feel better when you're feeling this way. Check out the example.



- ▶ If I feel stressed, I could sing and dance to my favorite song.
- ▶ If I feel _____, I could _____.
- ▶ If I feel _____, I could _____.
- ▶ If I feel _____, I could _____.
- ▶ If I feel _____, I could _____.

Remember! Talk to a trusted adult about how you're feeling so they can help you. Who are your trusted adults?

FAMILY NOTE



As a family, talk about the questions above, and then brainstorm your own list of at-home conversation starters. Have each family member write a set of questions and then place them in a paper bag or on a chart. Select a question each day to discuss during a quiet time when you can focus on the conversation, such as dinner, breakfast, on the way to school, or on a family walk.