

Guidelines for the Feelings Book Activity

STANDARD: ASCA standard - Mindset standard 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being.



GRADE 1 ACTIVITY - Write a Feelings Book

OBJECTIVE: Student will finish the sentence stems with the assistance of an adult. They will then draw pictures to show strategies/understanding of each emotion.

DIRECTIONS: The student will use the template to write their own book with strategies for dealing with their emotions.

The adult will help the student come up with ideas about how to manage their emotions. Ideas have been shown but should not limit the student. It is important that the student provides ideas when possible. The adult will ask questions to help the student identify strategies that they feel comfortable with.

POSSIBLE PROMPTS:

- When I am angry I need a minute to use my breathing to calm down. Is there something you do when you feel angry?
- When I feel sad I want to talk to my friend, does this help you when you feel sad?
- When I am calm it is easier to (make a lego car, read my book, listen to my teacher etc.).
- What's a strategy you can use to help you feel more calm?

If you or your child need support with mental health, reach out to a mental health professional.
You can find resources and assistance at FastTrackerMN.org.



Guidelines for the Super Friends Activity

This should be a time to gain insight into the students thinking/knowledge and provide instruction as needed.

Possible strategies to suggest to the student:

- **Anger** - Slow counting, Breathing, Coloring/drawing for a few minutes
- **Sadness** - Talking to a trusted adult
- **Talking/playing with a friend** - Exercise
- **Nervous** - Breathing, Speaking to a trusted adult, 3 3 3 rule for anxiety (see below)

3 3 3 Rule

This is a well know anxiety relief strategy which is simple enough for children to use. When they start to feel anxious they do these three things.

- **First**, name 3 things you can see.
- **Second**, name three things you can hear.
- **Third**, move three body parts. (An alternative step 3 is to name three things you can touch)

If you or your child need support with mental health, reach out to a mental health professional.

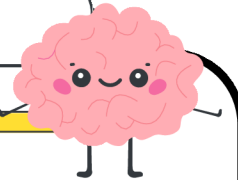
You can find resources and assistance at FastTrackerMN.org.



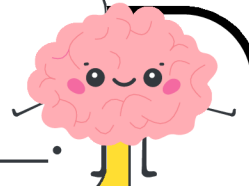


My Feelings Book by

Today, I feel _____

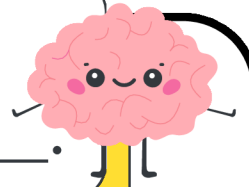


When I'm with my friend, I feel



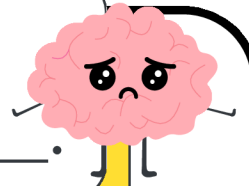
_____.

When I'm happy, I like to



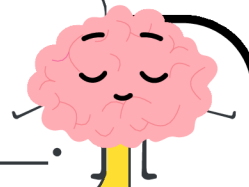
_____.

When I'm **sad**, I like to



_____.

When I'm **calm**, I can



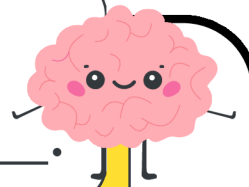
_____.

When I'm **angry**, I need to



_____.

When I'm with my family, **I feel**



_____.