

FEELINGS!



WISE was back to talk about feelings!

We all have different feelings at different times and we can even have two feelings at once. We can find out how we might be feeling by noticing what our bodies are telling us. For example, we might notice that when we are nervous we get a tummy ache. How one person experiences a feeling in their body might be different from another person. It's good for us to know how our bodies react to feelings so we can take good care of ourselves.

We might be “mixed-up” or “confused” if we have two feelings at the same time, or when we don't know what we're feeling. When we are mixed-up or confused, or have other really big feelings, we can ask an adult for help. We colored a picture of an adult (who we know) helping us with our feelings. The adult might be helping us take deep breaths, listening to us, or suggesting that we take some alone time. Finally, we read the book *The Color Monster* together.

You can help WISE reinforce these important messages!

BOOKS

For kids: “On Monday When It Rained” by Cheryl Kachenmeister

For caregivers: “How to Talk So Kids Will Listen & Listen So Kids Will Talk” by Adele Faber & Elaine Mazlish

ACTIVITIES

Create a “feelings diary” where your child writes the following: Today I was feeling _____, because of _____. I can tell that I was feeling that way because my body was _____.

Draw feelings with your child. What does happy look like?
What does embarrassed look like?

Offer multiple strategies for connecting with or handling feelings; coloring, dancing, talking, count to ten, etc.