

FEELINGS FORTUNE TELLERS!



WISE was here to talk about feelings!

We learned that WISE teaches students about healthy, safe and strong relationships and realized that our first and most important relationship is with ourselves! Having a good relationship with ourself means we are paying attention to what we need, how we are feeling, and when we need to ask for help.

We talked about all of the feelings we may experience throughout our day, week and life. There are many things that might influence how we are feeling. We don't all feel the same way about the same stuff, and don't always express our feelings in the same way either. We are all different! The only way we know how someone else is feeling, is to ask them.

It's normal to have times when we are too excited, sad, overwhelmed or angry. We made "Feelings Fortune Tellers" with strategies for handling those times when we have too much of a feeling. What works for one person might not work for another person, so it is good to find out what works for us. Ask me about my Feelings Fortune teller!

You can help WISE reinforce these important messages!

- Model naming your own feelings, and what strategies you use in response i.e. "I am feeling anxious so am going to take a walk and get some fresh air." or "This conversation is making me very upset, I need a minute to take a few deep breaths to calm down before we keep talking."
- Keep a list of feelings strategies visible in the house, i.e. count to 10, take 3 deep breaths, write in our journals, color, play outside, have alone time, 10 jumping jacks, sing, or anything else that works for your family.
- Help point out when your child is struggling to handle their feelings and brainstorm strategies that might work for them in that moment, i.e. "I can tell you are very frustrated right now, would it be helpful if we took 3 big deep breaths together before we go on?"