

TRUSTED ADULTS!



WISE was back to talk more about feelings!

The last time we were with WISE we created fortune tellers to help us identify our very own coping strategies for different feelings. Today, we talked about how important it is to ask a trusted adult for help with our feelings when they are too big for us to manage on our own. We can ask a trusted adult when we are confused about our feelings, when we are feeling scared or uncomfortable, or when our coping strategies just don't seem to be working.

We thought together as a class about what qualities make someone a trusted adult. We decided that a trusted adult is someone we know pretty well, who has been helpful to us in the past, who we know will listen to our problem, and who will help us make a healthy and safe decision. Then we brainstormed trusted adults who we know in our community. We finished with a worksheet where we drew pictures of our feelings and named an adult we could ask for help with that specific feeling. Ask to see my 'How Would I Feel' worksheet!

You can help WISE reinforce these important messages!

- Brainstorm with your child a list of trusted adults in their life who they could ask for help with their feelings or other struggles they may experience. It can be helpful to identify adults both at school and outside of school.
- Foster an open and honest line of communication with your child about the adults in your lives. When a child is abused by an adult, the perpetrator is someone known to the child and their family an overwhelming majority of the time. It is helpful when children know they will be listened to and believed if they are ever being made to feel uncomfortable or unsafe.
- Identifying our feelings is an ever-evolving skill. It helps when we make talking about our emotions normal and expected. You can model identifying your own feelings, as well as help your child identify their own. If they are not able to answer "how are you feeling?" you might offer suggestions by saying something like, "does that make you feel frustrated?" Connecting emotions with physical sensations is great way to promote emotional regulation, i.e. "when I'm overwhelmed my body feels tense."