

## WISE Feelings - 3rd Grade Virtual Activity

**WISE** is an organization that helps people to be *wise*. *Wise* people are kind, thoughtful, safe, and pay attention to their feelings. We all have a lot of feelings, or emotions. What are emotions that you know? You can notice your feelings by paying attention to your body. You might notice that when you are angry, your face feels hot, or when you are nervous, you have a tummy ache.

*Wise* people know how to take care of, or **cope**, with their feelings. This means that they know how to make safe and healthy choices when they are nervous, angry, sad, or overly excited. You might find that taking 3 deep breaths when you are frustrated helps you calm down or playing outside makes you feel happier when you are sad. What works for one person might not work for another person. You have to know what works for you.

**ACTIVITY: Coping strategies.** What helps you stay safe and healthy when you have these feelings? You can use these feelings and your coping strategies to make a feelings fortune teller! Ask an adult to help you watch this video of Celine from WISE teaching you how to make a feelings fortune teller: <https://youtu.be/4Buvd4E1TLQ>

Angry:

Sad:

Too excited:

Nervous:

Confused:

Scared:

Surprised:

Happy (how could you share your happiness with others?):

