

FEELINGS FORTUNE TELLERS



WISE was here to talk about feelings!

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

We talked about some of the many 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 we 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!

Looking for more ways to support young people in your life? Check out WISE's Prevention booklet located on our website.

- 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 a journal, 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?"