

FEELINGS

WISE was back to talk about feelings!

We all have a variety of feelings at different times and we can even have two feelings at once. Noticing what our bodies are telling us is one way we can find out how we might be feeling. 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 care of ourselves in safe and healthy ways.

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 drew and colored a picture of a trusted adult helping us with our feelings. We also read the book *The Color Monster* by Anna Llenas.

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.

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 and 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.