

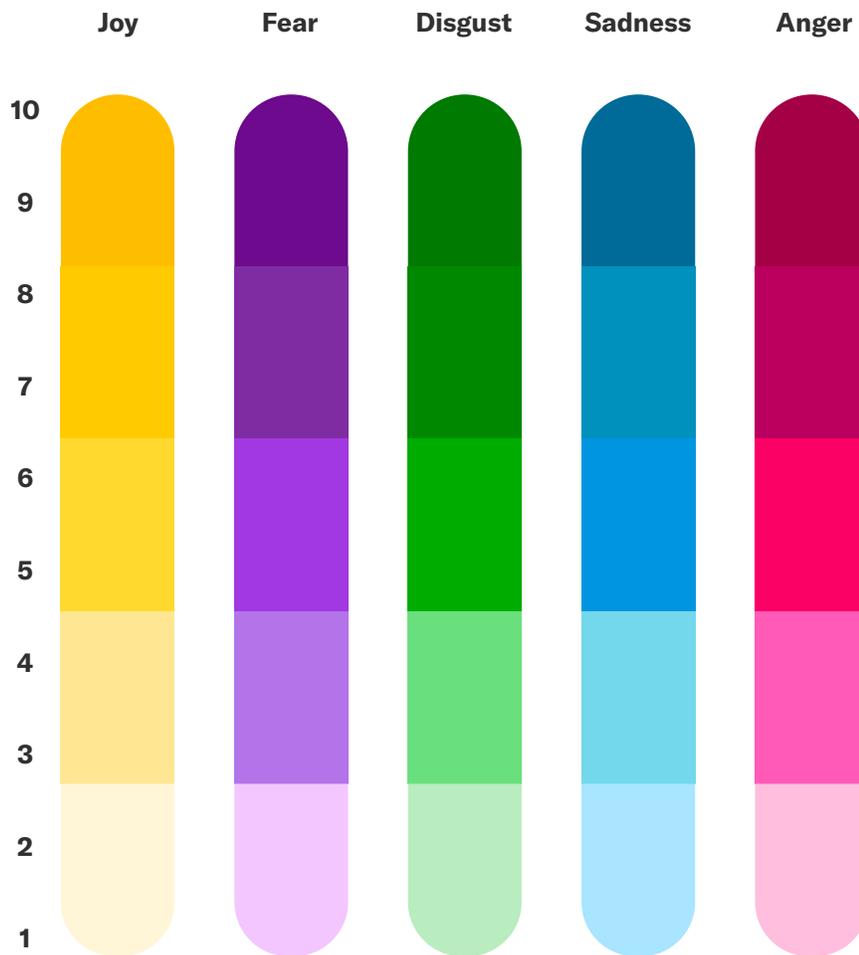


UNDERSTANDING FEELINGS

Practicing these skills helps you to increase awareness of thoughts, feelings, and behaviors to improve your mental health and wellness.

Feelings Scales

Look at the scales below and pick a shade for each feeling that best matches how much you felt that feeling today. A light shade means feeling a little of that feeling and a dark shade means feeling a lot of that feeling.



Follow-Up

When you rate your feelings, you're gathering data about your experiences over the past week. If there are emotions that you're hoping to feel more or less, the skills reviewed in the additional videos and worksheets of this curriculum will help. You can use worksheets like this one each week to track your progress and figure out how the skills might be affecting your feelings.





RELAXATION SKILLS

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Paced Belly Breathing

Breathing deeply into your belly helps to tell your body that you are safe and calm. Follow the instructions below and practice paced belly breathing when you are feeling calm and when you are feeling stressed or anxious.



- 1 Sit comfortably in your chair or on the floor either cross-legged or on your shins.



- 2 Place one hand on your belly and one hand on your chest.



- 3 Breathe in slowly through your nose for 4 seconds and feel your belly expand.

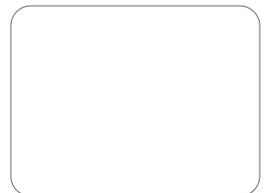


- 4 Slowly breathe out for 5 seconds through your mouth, letting the air gently leave your body.



- 5 Repeat 3-5 times, or for as long as you want.

When can you practice paced belly breathing?



Draw your own



UNDERSTANDING THOUGHTS

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Challenging Unhelpful Thoughts

Recognizing and changing unhelpful thoughts takes practice. You can support your students by helping them to identify when they are experiencing an unhelpful thought and encouraging them to practice changing that thought into one that is more realistic or helpful. You can begin with the below activity to practice noticing the thoughts, emotions, and behaviors associated with a specific event:

What Happened?

Is there another thought you can have about what happened?

Is what you're thinking true?

What is likely to happen?

What are you thinking?

What did you do?

What did you feel?

Follow-Up

When you notice how your thoughts are connected to how you feel, you're gathering data about yourself. If you notice that certain ways of thinking are not all that helpful or lead to uncomfortable feelings, remember that you have the power to slow down and consider when there might be other ways of thinking about the situation. The skills reviewed in the additional videos and worksheets of this curriculum can also help!



MANAGING INTENSE EMOTIONS

Practicing these skills helps you to increase awareness of thoughts, feelings, and behaviors to improve your mental health and wellness.

What Is in Your Self-Soothe Kit?

Help your students brainstorm a self-soothe kit. Collect items from around the house and take some time to allow your students to share ideas about what might be soothing in each category.

Remember that feeling intense emotions is normal and can make us feel like we need to do something. Using the five senses can help us ride out that wave of intensity and help us choose what to do next.

- 1 Find a small, portable bag that can fit in your backpack (for example, a small pouch, pencil case, or Ziploc bag).
- 2 Select one or more favorite items from each of the five senses to put in your kit (or something that is close by and you have easy access to).

5 Senses	One thing that makes me calm and relaxed is:	Stumped on what to pick? Here are some suggestions:
		<ul style="list-style-type: none"> • Calming colors • A relaxing scene • Small picture of my favorite person, family member, athlete; or place to visit
		<ul style="list-style-type: none"> • Listen to rainstorm or ocean sounds • Recordings of funny jokes or comedians • Happy or soothing music
		<ul style="list-style-type: none"> • Good-smelling hand lotion • Small perfume bottle • A scented candle
		<ul style="list-style-type: none"> • Pieces of your favorite candy or other treat like gum or a mint
		<ul style="list-style-type: none"> • Satin ribbon or soft fabric • A small pompom or pouf • A small feather • A stress ball • Slime



MINDFULNESS

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Mindfulness Skills & Activities

The more you practice mindfulness the more it will help our mental muscles to have better focus, attention, and awareness. Below are the skills of mindfulness to practice. You can choose from many activities below to practice the skills of mindfulness.



Notice It

(Observe Skill)



Say Something About It

(Describe Skill)



Do It

(Participate Fully Skill)

1-2-3

Counting Breaths



Mindfully eating your favorite treat



Listen to music and paying attention to one instrument



Dancing



Going for a walk and naming what you see



Playing an instrument



Playing a game



Color



Blow bubbles