Feelings Intensity and Body Response

Use this activity to help practice labeling feelings, rating their intensity, and identifying which body sensations you may feel with these emotions. First circle the ratings below to indicate how much you've experienced each feeling within the past week, with 0 being not at all and 10 being the most intense.

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<th>Feeling</th>
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**Faster heart rate**
- sweaty palms
- clenched teeth
- nausea

**Tension in neck and shoulders**
- slower heart rate
- steady breath
- more energy
- furrowed brows
- clenched fists
- shaky

**Stomachache**
- headache
- pursed lips
- urge
- clenched fists
- pursed lips
- urge

**Tightness in chest**
- reddened or hot cheeks
- shallow or quickened breathing
- heavity

**Weakened or shaky legs**
-

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

**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.

Use the space below to think about times to practice paced belly breathing:

- Before going to bed
- Before taking a big test
- Before sports practice
- In the morning at school
- After getting into an argument with a friend
- Outside, sitting down, and enjoying nature
UNDERSTANDING THOUGHTS
Practicing these skills helps you to increase awareness of thoughts, feelings, and behaviors to improve your mental health and wellness.

Challenging Unhelpful Thoughts
Remember thoughts are not facts, and sometimes thoughts are unhelpful to us. One way of practicing understanding your thoughts is by keeping track of them when you notice uncomfortable feelings. Below is a thought log. Practice identifying what was happening at the time, what your thought was, how you felt, and what you did. If you notice that the thought was unhelpful, try to change it to a more realistic or helpful thought, and then see if that would change your feelings and behaviors.

Our thoughts, feelings, and behaviors are all connected. By changing our thoughts, we can change how we feel and how we behave.

<table>
<thead>
<tr>
<th>Event</th>
<th>Unhelpful Thought</th>
<th>Feeling</th>
<th>Alternative/Helpful Thought</th>
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<tbody>
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Here are some things you can ask yourself when trying to change your thoughts:

- What is the likelihood that this will happen?
- Is this realistic?
- What is the evidence that this is true?
- Is there another way I can think about this?

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

Self-Soothe Kit

You can use your five senses to self-soothe and help tolerate intense emotions. Use the guide below to create your own self-soothe kit.

You can carry this self-soothe kit with you so you always have what you need to tolerate intense feelings.

<table>
<thead>
<tr>
<th>5 Senses</th>
<th>One thing that makes me calm and relaxed is:</th>
<th>Stumped on what to pick? Here are some suggestions:</th>
</tr>
</thead>
</table>
| See      |                                             | • Calming colors  
• A relaxing scene  
• Small picture of my favorite person, family member, athlete; or place to visit |
| Hear     |                                             | • Listen to rainstorm or ocean sounds  
• Recordings of funny jokes or comedians  
• Happy or soothing music |
| Smell    |                                             | • Good-smelling hand lotion  
• Small perfume bottle  
• A scented candle |
| Taste    |                                             | • Pieces of your favorite candy or other treat like gum or a mint |
| Touch    |                                             | • Satin ribbon or soft fabric  
• A small pompom or pouf  
• A small feather  
• A stress ball  
• Slime |
Mindfulness Skills & Activities

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

<table>
<thead>
<tr>
<th>Observe Skill</th>
<th>Describe Skill</th>
<th>Participate Fully Skill</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counting Breaths</td>
<td>Paced belly breathing</td>
<td>Listening to music and paying attention to one instrument</td>
</tr>
<tr>
<td>Mindfully eating your favorite food</td>
<td>Playing an instrument</td>
<td>Going for a walk and naming what you see</td>
</tr>
<tr>
<td>Dancing</td>
<td>Journaling</td>
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</tbody>
</table>

Using recommended apps to guide you:
- Calm
- Headspace
- Shine
- Mindfulness for Children
- Thrive for Alexa: Amazon
- Take a Chill
- OMG I Can Meditate