



## Teacher Guide – Teen Module 1

### Understanding Feelings

**Overview for Teachers:** In this module, students will learn and practice skills for understanding the way they feel. They will practice naming feelings, identifying their own emotional experiences, linking emotions with physiological sensations, and identifying feelings in others. They will come away with a firmer grasp on understanding their emotions and how to communicate their feelings, both of which are important components of emotion regulation.

**Introduction for Students:** *Today’s lesson focuses on understanding your feelings. You’ll practice naming your feelings, reflecting on how you feel, and noticing where feelings occur in your body. It’s important to pay attention to how you feel so that you can choose how you want to handle those feelings and communicate them to others. Please watch these videos and complete the following worksheets.*

### Videos and Worksheets

Videos	Worksheets
<b>Understanding Feelings Part 1:</b> Feelings Vocabulary	<ul style="list-style-type: none"> <li>Feelings Vocabulary Worksheet</li> </ul>
<b>Understanding Feelings Part 2:</b> Intensity and Body Response	<ul style="list-style-type: none"> <li>Feelings Intensity and Body Response Worksheet</li> </ul>

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain, and empower parents, professionals and policymakers to support children when and where they need it most. Together with our supporters, we’re helping children reach their full potential in school and in life. We do not accept any funding from the pharmaceutical industry. Learn more at [childmind.org](http://childmind.org).