

# Wellness Toolkit: Family Connection

## Teen Module 1 – Understanding Feelings

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**Directions:** Your child is currently participating in the Child Mind Institute’s Wellness Toolkit in their classroom and has completed the first module, focused on understanding emotions.

In this module, students learn and practice skills for understanding the way they feel. The purpose of this module is for teens to have a firmer grasp on understanding their emotions and how to communicate their feelings, both of which are important ways that we manage the way we feel in difficult or challenging situations.

We encourage you to take some time to discuss the content they have learned and use the questions below as a guide for reflection. Visit us at [www.childmind.org](http://www.childmind.org).

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- *Label a few emotions you have felt over the past week and describe the things that made you experience those feelings.*
- *Describe a time you felt an intense, uncomfortable emotion above a 5 on the Feelings Thermometer.*
- *When feeling anxious, what sensations do you feel in your body?*
- *Describe a moment over the past week when you felt anger and rate the intensity.*