

Wellness Toolkit: Family Connection

Teen Module 5 – Managing Intense Emotions and Behavioral Activation

Directions: Your child is currently participating in the Child Mind Institute’s Wellness Toolkit in their classroom and has completed the fifth module which is all about managing intense emotions and behavioral activation.

In this module, students learn about big emotions and how to manage them. They learn how to recognize when they are experiencing an intense feeling and all the different parts of that emotion. Students practice considering consequences and finding the difference between their action urge (what their body is telling them to do) and the action they can choose to do instead. Students also learn about coping skills to get through big emotions and positive activities they can use to boost their moods.

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.

- *What are some ways you can get through feeling big emotions?*
- *What makes you more likely to feel big emotions?*
- *What are some examples of skills you can use to get through, or tolerate big emotions?*
- *What are some examples of behavioral activation activities you can use?*