

Wellness Toolkit: Family Connection

Youth 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 feelings and how to deal with them. They learn how to notice when they are having an intense feeling and all the different parts of that emotion. Students practice thinking about the consequences and telling the difference between their action urge (what their body is telling them to do) and the action they can choose to do instead. Students will 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 feel big emotions?*
- *What are some examples of skills you can use to get through big emotions?*
- *What are some examples of behavioral activation activities you can use?*