



Content developed by

from Nemours

### Learning Goals

- Know words for feelings.
- Know how you feel.
- It's good to put feelings in words.
- All feelings are normal, as long as we show them in healthy ways.

### Print Out Before Class

#### Bring copies for everyone:

- *How I Feel* handout
- *Feeling Words* handout
- *Tips From Michael Phelps* handout

### Other Materials

- Flipchart or whiteboard and markers
- Markers or pens for students

## Lesson 1: Talk About Feelings

### TEACHER NOTE

*This is the first of eight lessons that focus on emotional health. This one teaches kids to talk about feelings. We'll have kids brainstorm a big list of feeling words. We'll teach that:*

- *There are positive feelings (such as: glad, excited, calm) and difficult feelings (such as: upset, angry, jealous, scared).*
- *All feelings are normal, as long as we show them in healthy ways.*
- *Talking about feelings is good for us. It helps us:*
  - *know ourselves*
  - *be close to others*
  - *get along better*
  - *solve problems*
- *Sometimes it's better to put feelings into words instead of actions.*

### QUICK TIPS

- *Being able to put feelings into words is a foundation for other emotional skills, like empathy, self-control, and resilience.*
- *When kids say how they feel and someone listens with support, kids are more ready to learn.*

### START THE DISCUSSION

#### 1. Know words for feelings.

*Instructor: All italicized text is intended as notes to teachers. All other text may be read out loud to your class.*

Today, we'll talk about feelings.

To start, we need to know some words for our feelings.

Let's brainstorm to see how many feelings we can name. Raise your hand to call out the name of a feeling. I'll write them all down. Who can start?



### Take It Home!

Ask kids to use handouts at home to practice putting feelings into words. Invite them to talk about feelings with a parent. Invite them to teach a parent what they learned about their feelings.

### Resources

#### KidsHealth:

- Talking About Your Feelings
- Talking to Your Parents
- 5 Ways to Know Your Feelings Better

(Lesson 1: [Talk About Feelings](#), continued)

*Invite kids to raise their hands and say the names of feelings as you write them on the board. Have them brainstorm at least 10-12 feeling words, including some positive feelings (happy, excited, proud, calm) and some difficult feelings (sad, mad, lonely, upset).*

*Use a whiteboard, chalkboard, or flipchart to write what kids say.*

Let's look at our list.

What are some of the positive feelings on this list? Which feelings do you like to have?

Let them point out a few of the positive feelings on the list. Circle them.

Most people like to feel happy, excited, joyful, brave, proud, and playful. And it's nice to feel calm, relaxed, or curious. These positive feelings help us enjoy life and do well.

But some feelings are more difficult. What are some of the feelings on this list that are more difficult?

*Let them point out some of the difficult feelings on the list. Circle them in a different color.*

It's harder when we feel sad, upset, or mad. Or scared, afraid, nervous, or stressed. Or lonely or disappointed. Most people don't like having feelings like these.

But difficult feelings are part of life too. And they actually help us. They let us know when something's wrong. They get us to notice a problem. They alert us to something we need to work out or something we need help with.

All feelings are normal, as long as we show them in healthy ways. One healthy way to show feelings is to talk about them. But before we can talk about them, we have to know how we are feeling.

## 2. Know how you feel.

When you know plenty of feeling words, the next step is to know how you feel. Sometimes it's easy to know how you feel. Other times you might not know right away. If that happens, just notice your feeling. Think of the word that matches how you feel.



(Lesson 1: [Talk About Feelings](#), continued)

Recognizing how you feel helps you know what you need or want. It helps you know what you like and don't like. You can understand yourself better when you know your feelings.

After you know how you feel *and* you know the words for the feelings, you can talk about feelings with someone else.

### 3. It's good to talk about feelings.

If you haven't had practice, talking about feelings might seem awkward at first. It gets easy if you practice.

Talking about feelings is good for us. It lets other people understand us. It helps us be close to people and get along well.

If we talk about difficult feelings, we can get through bad times and feel better again.

If we talk about good feelings, we can feel even happier.

We don't have to put every feeling into words. But some feelings are important to share.

### 4. It's good to show feelings in healthy ways.

Sometimes, we show our feelings in actions:

- If you feel happy or excited, you might jump for joy!
- If you feel loving, you might give a hug.
- When you feel friendly, you might smile and wave.
- When you feel sad, you might sit quietly with a sad face — or even cry a few tears.
- If you feel determined and confident, you might put it into action by playing your best game ever!

It's OK to show how you feel. But sometimes it's best to put feelings into words instead of actions. For example, what if you feel upset, angry, or jealous? If you use actions to show these feelings, it can lead to trouble or hurt. This is when using words instead of actions is better.

Sometimes it's better to talk about how we feel than to act on how we feel. To do this takes some self-control. It's not always easy. It's something to practice.



(Lesson 1: [Talk About Feelings](#), continued)

## 5. Let's try it.

*Pass out the How I Feel handout and pens or markers.*

Let's do an activity on your handout to practice putting feelings into words.

*Read the instructions on the handout out loud.*

*Give time for kids to do at least a few of the sentences.*

Let's take turns reading some of them. Who can start? Who can read the first one and say how you might feel?

*Have a few kids read sentences. If kids are reluctant to read, you can read some of the sentences and have kids raise their hands to call out answers.*

*If there's time, keep going with the second part of the handout.*

## 6. What have we learned?

- There are many different feelings — positive ones and difficult ones.
- They're all normal, as long as we show them in healthy ways.
- Talking about feelings is good for us. It helps us:
  - know ourselves
  - be close to others
  - get along well
  - get through bad times
  - be happier
- To talk about feelings, we need to notice how we feel and know the words to use. You don't have to talk about every single feeling you have! But you can practice putting feelings into words to get good at it. That way, when you need to talk about a feeling that's bothering you, you'll be ready.



(Lesson 1: [Talk About Feelings](#), continued)

## 7. Take the next step.

*Pass out two more handouts —Feeling Words and Tips From Michael Phelps — for kids to take home.*

You can finish the *How I Feel* handout (we just worked on) at home. You can show it to a parent and talk about it.

And here are two more handouts for you to take home. One will remind you of what we learned today. It also has a word circle game you can do at home. You can do this game at home with your mom, dad, or grandparent. You can tell them what you learned today.

Michael Phelps thinks that it's good to talk about feelings. This last handout has advice from Michael to help you feel strong and confident.