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Understanding Emotions and Feelings
A guide for emotion explorers

1 Understanding Emotions
What are emotions?
Emotions are how our brain communicates with the rest of our body. Think of them as messages that our brain sends to our heart, muscles, and other parts of our body. These messages help us know how to react in different situations.

These messages are all a part of being human, and it's important to learn how to understand and manage them. All emotions are ok and everyone has emotions.

When something happens → Our brain tells our body how to react.
This could include sensations in our bodies such as...

3 Emotions into Words
Putting emotions into words helps us understand and manage them better.
How can you do this?
OBSERVE Pay attention to how you are feeling. Are you feeling faster? Are you feeling slower?
USE your words to describe your feelings. For example, say "I feel happy because my cat did something nice."
SPECIFIC Be specific when you describe your feelings. For example, you might feel sad because you missed your friend.
OTHERS Ask others how you feel. They might help you understand your feelings better, so they can help you manage them.
DRAW Try to draw how you feel. You might find it easier to say "I feel sad" if you are feeling sad because you can see how you are feeling.

4 Your turn
How are you feeling right now?
Observe
What sensations are you feeling in your body?
How is your body feeling?
Label
Can you label that emotion?
Specific
Can you think of another word to describe this emotion?
Talk
Who can you talk to?

5 Managing Emotions
Managing emotions helps us feel better and do things we enjoy. There are many ways to manage our emotions, but there are some things that work better than others. For example, taking a break, talking to someone, or doing something you enjoy can help. Try some of these ideas and see what works best for you.



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MY VOICE MATTERS

One word to describe me

My proudest moment
PROUD

My strengths
I am good at...

I am grateful for
GRATEFUL

This makes me laugh
HA HA!

This is me!
AWESOME ME

Trusted People
People I trust and can talk to
TRUST

My friends
FRIENDS

My wishes
WISHES

My thoughts right now
THOUGHTS

This makes me calm
CALM