

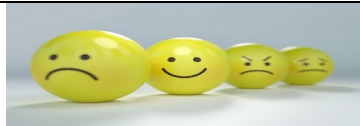
Core Competencies: Personal Awareness - Exploring Feelings: Emotional and Overwhelmed

Curriculum: Core Competency – Personal awareness & responsibility	Learning Goals: -Student will learn to recognize emotions by exploring feelings -Student will learn and use strategies to help manage feelings and emotions
---	--

Materials

-Book: The Boy with Big, Big Feelings by: Britney Winn Lee
<https://www.youtube.com/watch?v=yWOTIq4LXDM>

Activities



-What does it mean to be *emotional*? Being emotional can be described as having intense feelings. Can you describe a moment in your life when you felt very emotional?

-What does *overwhelm* mean? Overwhelmed can be when something affects you strongly and you are unsure how to deal with it. This could be a strong feeling that you are unsure how to deal with. Can you describe a moment in your life when you felt overwhelmed?

-Listen to: [The Boy with Big, Big Feelings by: Britney Winn Lee](https://www.youtube.com/watch?v=yWOTIq4LXDM)

-Stop at 2:32. The boy in the story is stuffing his intense feelings deep down. How might ignoring intense feelings make someone feel? Would this help you with your own intense feelings? What else could you do to manage intense feelings?

-At the end of the story how does the boy manage his intense feelings and emotions? The boy finds a friend to talk to about his intense feelings. He also begins to talk about his intense feelings with other peers. This helps him feel better. How would or does talking to others about your intense feelings make you feel?

-Deep breathing is one strategy people can use to help manage feelings and emotions. Deep breathing can be especially helpful for some people when feeling overwhelmed.

-Find a comfortable seated position. Close your eyes or look down. Take a deep breath in through your nose. When you breathe out, pretend you are blowing out a candle. Repeat this candle breathing exercise for 9 more breaths.

Extension:

-Do a deep breathing exercise from GoNoodle. Explain how it makes you feel.
<https://family.gonoodle.com/channels/flow>