

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
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Materials

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

Activities



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

-Ask: What does *overwhelm* mean? Overwhelmed can be when something becomes too much. This could be a strong feeling that you are unsure how to deal with.

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

-Ask: 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?

Extension:

Try a deep breathing exercise.

-Deep breathing is one strategy people can use to manage feelings and emotions. Deep breathing is especially helpful to 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 5 more breaths.