

- name
- 10 feelings and their names
- photos
- drawings
- coloring
- stories to read
- lists of things to feel

- answer your story
- Make an album
- Make an emotion
- stories
- songs
- _____
- _____

Understanding Activities These are activities for other people to do.

- Name people for 1, 2, or 10 minutes
- Name feelings
- Use the 5 senses
- Photos
- Connect a stimulus to a feeling
- Drawings
- Songs
- Play games
- An emotion-related free-write or list
- Think of a feeling that

- fit in the class
- fit in the car
- Take a break from positive thinking - come back to it later
- Create a new emotion
- Create a personal plan
- Create a stimulus
- _____
- _____

Emotional Expression Activities These activities go on to work with our feelings and help us express them. Some activities require words but many are designed just to allow us to feel or act the way we feel.

- Play something
- Write poems
- Sing
- Write about feelings
- Draw, stamp, paint
- Identify your feelings and underlying needs
- Journal or diary
- Look for meaning in people or your thoughts
- Write a letter to yourself
- Play something

- Listen and/or write while driving
- Express in other ways
- Get up another emotion your current feeling
- Talk to feeling and/or give it a name
- Use activities to make the feelings work
- Express others' emotional experiences
- Journal or diary
- Write a letter expressing your feelings
- _____
- _____

Outstanding Activities These activities engage us with others. They help us see that we are not alone.

- Get the support
- Help someone in need