



Educator guide: Feelings lesson

Recommended for grades:

5th grade

Time:

8 minutes

National Health Education Standards:

This lesson aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 4: Use interpersonal communication skills to support health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this lesson students will be able to:

1. Identify feelings of depression and sadness for which someone should seek help.
2. Describe how to ask for help to improve personal mental and emotional health.
3. Identify two trusted adults that can help with mental health goals or concerns.

Lesson description:

In this lesson students will learn that it is perfectly normal to experience many different emotions each day. They will also learn the reason why their emotions sometimes feel pretty intense or change rapidly, puberty. Dealing with loss, and the feelings associated with loss, will be discussed, as well as when and how to seek help from an adult. There is a worksheet that students can complete as they go through the lesson.



Pre and post-test question:

Use the following question with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choice is bolded.

1. Which of these would be an example of a time when your friend should seek help from a trusted adult?
 - a. Your friend is feeling disappointed about a grade they received on a test.
 - b. Your friend has been feeling very sad and lonely after their best friend moved away last month.**
 - c. Your friend is feeling frustrated after missing a goal in their soccer game.

Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the Feelings lesson. You may choose to use this list in any way that fits your needs.

- Cope - to deal with something
- Counselor - a mental health professional who is trained to help people deal with all kinds of emotions, and to help come up with different ways to cope
- Emotion - a feeling such as happiness, love, fear, anger, disappointment, excitement, etc.
- Feeling - an emotional state, such as happy, sad, excited, scared, etc.
- Hopelessness - a feeling, or emotion, characterized by a loss of hope, optimism or passion
- Hormones - chemical substances in the body that carry messages throughout the body
- Mood swing - an abrupt and/or intense change of emotion or feeling
- Puberty - the time when your body begins to change and develop as you grow from a child to an adult
- Therapist - a mental health professional who is trained to help people deal with all kinds of emotions, and help come up with different ways to cope
- Trusted adult - an adult that you are comfortable with, and can count on, such as a parent, family member, teacher, school counselor, etc.

Feelings lesson worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Feelings lesson. You will need to either save the worksheet to your computer or print it out and write in your answers. If you open the worksheet and forget to save it before typing, you will lose all of your work.

1. What is puberty?

2. Between what ages does puberty usually start? _____

3. What are released in your body that cause changes in your emotions or feelings?

4. If you're having feelings of sadness, hopelessness, discouragement, or any other feelings that you're uncomfortable with what should you do?

5. List two trusted adults in your life that you feel comfortable going to for help.

a. _____

b. _____

6. What is one way a counselor or therapist can help someone?



Feelings lesson worksheet answer key

1. What is puberty?

Puberty is when your body begins to develop and change as you grow from a child to an adult.

2. Between what ages does puberty usually start?

Between ages 8 and 15

3. What are released in your body that can cause changes in your emotions or feelings?

Hormones

4. If you're having feelings of sadness, hopelessness, discouragement, or any other feelings that you're uncomfortable with, what should you do?

Talk to a trusted adult.

5. List two trusted adults in your life that you feel comfortable going to for help.

Answers will vary. Answers could include: parent, family member, teacher, counselor, coach, activity leader, etc.

6. What is one way a therapist or counselor can help someone?

Answers could include any of the following: help you understand your feelings and put them into words, help you work through problems, work with you to develop coping mechanisms

Supplemental activity: My personal feelings

Objectives:

After completing this activity students will be able to:

- Identify feelings that they often experience.
- Identify two trusted adults that can help them with mental health concerns.

Materials needed:

- My Feelings worksheet (found on next page)
- Colored pencils, crayons or markers

Time required:

20 minutes

Instructions:

In this activity students will spend some time thinking about how often they experience certain feelings. They will be asked to identify feelings that they have often, sometimes, rarely and never. Students will then assign a color to each category (often, sometimes, rarely and never.) They will color each feeling that they experience based on how often they experience it. This is meant to be an individual activity, not a group activity. If students will not have the privacy required to do this activity at school, it could be assigned as homework.

Students are also asked to think about two trusted adults that they can share this worksheet with and talk to about their feelings. The adult could be a parent, other family member, teacher, therapist, school counselor or any other adult that they trust. It's important to have an adult that they can go to if or when they need help with mental health problems.



My feelings worksheet

Instructions:

- Choose four colors to use in the key.
- Color each feeling based on how often you feel this way.
- Take your completed worksheet home and share it with a trusted adult.

Color	I feel this way...
	often
	sometimes
	rarely
	never

Confident

Happy

Worried

Angry

Depressed

Lonely

Safe

Sad

Upset

Discouraged

Anxious

Hurt

Excited

Relaxed

Exhausted

Content

Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



Recognizing depression in children

What is depression?

Depression is a mood disorder that affects the way you think and feel. The most common symptom is a feeling of deep sadness. People who are depressed may also:

- Feel hopeless
- Feel that life isn't worth living
- Have thoughts of suicide or death

Depression in children

Children as young as age 6 may feel depressed. But they can't always tell you how they feel. Instead, your child may:

- Eat more or less than normal
- Sleep more or less than usual
- Seem unable to have fun
- Think or speak about suicide or death
- Seem fearful or anxious
- Act in an aggressive way
- Use alcohol or other drugs
- Complain of stomachaches, headaches or other pains that can't be explained
- Have problems at school or home

What can you do?

Children with depression can be helped with treatment. Here are some ways you can help:

- Talk with your child's healthcare provider about medicine and psychotherapy. Both can help.
- Look for mental health resources at your child's school, local mental health center, social service agency or hospital.
- Let your child know that they will not feel this way forever.
- Offer your love and support.
- If your child talks about death or suicide, seek help right away.



Resources for families and educators

- 988 Suicide and Crisis Lifeline, <https://988lifeline.org> or call 988
- Anxiety and Depression Association of America, www.adaa.org
- Centers for Disease Control and Prevention (CDC), cdc.gov/childrensmentalhealth/
- Children's Wisconsin, childrenswi.org
- Children's Wisconsin Shine Through, <https://shinethrough.childrenswi.org/parents>
- KidsHealth, kidshealth.org
- Mental Health America, mhanational.org
- National Alliance on Mental Illness (NAMI), nami.org
- National Institute of Mental Health (NIMH), nimh.nih.gov
- National Suicide prevention Lifeline, (800) 273-8255 or www.suicidepreventionlifeline.org
- PBS Kids for Parents: Emotions and Self-Awareness, pbs.org/parents/learn-grow/all-ages/emotions-self-awareness
- Wisconsin Department of Public Instruction (Student Services/Prevention and Wellness), dpi.wi.gov/sspw



Transcript

Slide 1

Quinn: Good morning everyone! Devonte and Quinn here bringing you your morning announcements.

Devonte: Hey everybody! There's lots of great stuff happening this week, but first, how is everyone feeling this morning? I'm feeling pretty energized! Let's see how some of our Badger Hills friends are feeling today.

Video clips of students sharing how they are feeling.

Quinn: Well, I was feeling a little sleepy this morning, but after seeing all those familiar faces I'm feeling excited to start the day. Let's make it a great day!

Slide 2

In today's lesson, we're going to talk about feelings, and how especially at your age, feelings can be pretty intense! Sometimes it can feel like you're on a roller coaster.

But before we get too far, make sure you open the worksheet and either save it or print it. Complete this worksheet as you move through this lesson.

Slide 3

Everyone experiences many different feelings, or emotions, each day. It's important to know that all feelings are normal and healthy, and there are no right or wrong feelings. But sometimes you may have a hard time understanding why you're feeling a certain way.

You may feel irritable for no reason, or sad and not know why. Or, you may go from feeling excited to nervous in minutes. Well, you're not alone. One of the reasons for this roller coaster of emotions is something called puberty.

Slide 4

Puberty is when your body begins to develop and change as you grow from a kid to an adult, and it can start any time between the ages of 8 and 15.

During puberty, hormones are released in your body that can cause many changes in your emotions, or feelings. Your feelings can become stronger and you can have mood swings where your moods change quickly. Although it may feel pretty strange, it's all perfectly normal!

Slide 5

Remember that it's completely normal to feel sad, irritable, or angry at times. We all do, including adults. It's a normal reaction to daily life. Life can be tough, especially during times of change.



Slide 6

Many times we are able to deal with these emotions and move past them. But sometimes, we may have a hard time doing that. If you are having feelings of sadness, hopelessness, discouragement, or any other feelings that you are uncomfortable with, it's important to talk with a trusted adult, especially if those feelings are lasting for weeks or months.

A trusted adult can be any caring adult in your life that you are comfortable talking to, including a parent, other family member, teacher, counselor, coach, or activity leader. When talking with them, be sure to have their full attention. If it's not a good time for them to talk, ask them when a better time would be. Or, perhaps find a different trusted adult to talk to. Take a moment to think about and name two adults in your life that you could go to for help.

Slide 7

Something that we will all deal with at some point in our lives is loss and the feelings that come with it. It could be the death of a pet, family member or friend. It could be a close friend or family member moving away. Or it could be a divorce in your family. No matter what the loss looks like, it can cause lots of different feelings.

Slide 8

Feelings associated with loss can include: sadness, worry or anxiety, shock, anger, loneliness, and helplessness. Even those that experience the exact same loss may have different feelings about it, and that's perfectly normal.

Slide 9

When dealing with a loss, it's helpful to talk through your feelings with a trusted adult. It can sometimes feel hard to talk about a loss. It may be difficult to find the words when you've been feeling so sad and lonely. One way to start the conversation is by simply saying something like "I've been feeling really sad and lonely lately, and it's not going away".

Slide 10

Your trusted adult may suggest you talk with a professional therapist or counselor who is trained to help people deal with their feelings and cope during difficult times. A therapist or counselor can help in many ways. They can help you understand your feelings and put them into words. They can help you work through problems you may be facing. And, they can work with you to develop coping mechanisms that help you deal with things you may struggle with.



Slide 11

Devonte: It's good to know I'm not the only one who sometimes feels like I'm on a roller coaster! There are times when I go from being angry to sad and I have no idea why. But I know I can always talk to my grandma when I'm feeling upset or down.

Quinn: I'm glad you have her to talk to, Devonte! It's so important to find a trusted adult that you can go to when you're struggling. Everyone's homework for tonight is to think about and identify at least one trusted adult that you can go to when you need help dealing with your emotions. I already know who mine is!

Devonte: Speaking of homework, I better run. I've got some math to finish before practice tonight. See you later!

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