



# Educator Guide: Ways to Express and Manage Feelings Video

## **Recommended for Grade:**

6<sup>th</sup> grade

## **Time:**

4 minutes

## **National Health Education Standards:**

This activity 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](http://shapeamerica.org).

## **Learning Objectives:**

After watching this video students will be able to:

1. Identify at least two trusted adults that they can talk to about their feelings or any mental health concerns they may have.

## **Video Description:**

This video shows students how to express feelings in a healthy way. Different ways to express and manage feelings will be presented so students will have options to choose from when real-life feelings occur.



**Vocabulary:**

Use the following list of vocabulary as a reference for yourself or your students as you watch the Ways to Express and Manage Feelings Video. You may choose to use this list in any way that fits your needs.

- Anxiety – a mental health condition when a person worries even though there is nothing to worry about or worries all the time and it's affecting their daily life
- Feeling – an emotional state, such as happy, sad, excited, scared, etc.
- Stress – the body's response to pressures from a situation or life event
- Trust – to believe that someone is being honest with you

# Supplemental Activity: Feelings Journal

## **Objectives:**

After completing this activity students will be able to:

- Identify the different feelings that they experience throughout the day.
- Use at least two different healthy ways to manage and express their feelings.
- Identify at least one trusted adult they can talk to about their feelings or any mental health concerns they may have.
- Identify at least one role model that demonstrates positive mental and emotional health by managing and expressing their feelings in a healthy way.

## **Materials Needed:**

- Copies of the Feelings Journal included below
- Pen or pencil

## **Time Required:**

20 minutes

**Instructions:**

In this activity students will spend time thinking about how they can experience many different feelings throughout the day. Sometimes their feelings may change quickly, and they may feel like they are on a roller coaster. That's normal for someone their age, and they are not alone in feeling this way.

They will be asked to identify feelings that they have throughout the day. To get an accurate picture of how feelings change from day to day it would be helpful to have students track their feelings over several days. Students can use the Feelings Journal or they can use their own notebook or piece of paper.

One healthy way to manage and express feelings is to write about them, which students are doing in this activity. Discuss ways they can express and manage feelings including art, music, crying, talking with friends and talking with trusted adults. Are there other ways that they can think of? Have students try one or two of these ways to express or manage some of their own feelings. Different things will work for different people.

Students are also asked to think about adults in their life. Is there an adult in their life that demonstrates positive mental and emotional health by managing and expressing their feelings in a healthy way? What can they learn from that person? Students are then asked to identify 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 dealing with their feelings or any mental health concerns that they may have.

# Feelings Journal

**Instructions:** Keep track of how you are feeling over the next several days. Then, identify healthy ways to help manage your feelings. You will also identify a mental health role model and two trusted adults you can talk to about your feelings.

## Day 1

I felt \_\_\_\_\_

Where was I? \_\_\_\_\_

What was I doing? \_\_\_\_\_

Who was I with? \_\_\_\_\_

I felt \_\_\_\_\_

Where was I? \_\_\_\_\_

What was I doing? \_\_\_\_\_

Who was I with? \_\_\_\_\_

I felt \_\_\_\_\_

Where was I? \_\_\_\_\_

What was I doing? \_\_\_\_\_

Who was I with? \_\_\_\_\_

## Day 2

I felt \_\_\_\_\_

Where was I? \_\_\_\_\_

What was I doing? \_\_\_\_\_

Who was I with? \_\_\_\_\_



I felt \_\_\_\_\_

Where was I? \_\_\_\_\_

What was I doing? \_\_\_\_\_

Who was I with? \_\_\_\_\_

I felt \_\_\_\_\_

Where was I? \_\_\_\_\_

What was I doing? \_\_\_\_\_

Who was I with? \_\_\_\_\_

### Day 3

I felt \_\_\_\_\_

Where was I? \_\_\_\_\_

What was I doing? \_\_\_\_\_

Who was I with? \_\_\_\_\_

I felt \_\_\_\_\_

Where was I? \_\_\_\_\_

What was I doing? \_\_\_\_\_

Who was I with? \_\_\_\_\_

I felt \_\_\_\_\_

Where was I? \_\_\_\_\_

What was I doing? \_\_\_\_\_

Who was I with? \_\_\_\_\_



## Day 4

I felt \_\_\_\_\_

Where was I? \_\_\_\_\_

What was I doing? \_\_\_\_\_

Who was I with? \_\_\_\_\_

I felt \_\_\_\_\_

Where was I? \_\_\_\_\_

What was I doing? \_\_\_\_\_

Who was I with? \_\_\_\_\_

I felt \_\_\_\_\_

Where was I? \_\_\_\_\_

What was I doing? \_\_\_\_\_

Who was I with? \_\_\_\_\_

There is not just one healthy way to express and manage feelings. What works for one person might not work for another. Listed below are different ways to manage and express your feelings in a healthy way. You can add your own ideas to the list too. Try a few and see what works best!

- Writing
- Art
- Music
- Physical activity
- Crying
- Talking with friends
- Talking with a trusted adult
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Who is one person you consider a role model that demonstrates positive mental and emotion health by managing and expressing their feelings in a healthy way?

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Who are two trusted adults that you can talk to about your feelings or any mental health concerns that you may have?

1. \_\_\_\_\_

2. \_\_\_\_\_



# Handouts

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



# Mental Health Resources for Families and Educators

988 Suicide & Crisis Lifeline, call 988 or [988lifeline.org](https://988lifeline.org)

Anxiety and Depression Association of America, [adaa.org](https://adaa.org)

Centers for Disease Control and Prevention (CDC), [cdc.gov/childrensmentalhealth/](https://cdc.gov/childrensmentalhealth/)

Children and Adults with Attention-Deficit Hyperactivity Disorder, [chadd.org](https://chadd.org)

Children's Wisconsin, [childrenswi.org](https://childrenswi.org)

Children's Wisconsin Shine Through, <https://shinethrough.childrenswi.org/parents>

The Institute for Child and Family Well-Being,  
<https://uwm.edu/icfw/tools-and-resources-3-2/>

KidsHealth, [kidshealth.org](https://kidshealth.org)

Mental Health America, [mentalhealthamerica.net](https://mentalhealthamerica.net)

National Alliance on Mental Illness (NAMI), [nami.org](https://nami.org)

National Institute of Mental Health (NIMH), [nimh.nih.gov](https://nimh.nih.gov)

Wisconsin Department of Public Instruction (Student Services/Prevention and Wellness), [dpi.wi.gov/sspw/mental-health](https://dpi.wi.gov/sspw/mental-health)



# Transcript

Braylon: Hey! What's up? Did you know that learning how to manage and express your feelings in a healthy way is one of the most important life skills a person can develop? The goal is to express feelings in a way that will not be harmful to yourself or anyone else. Let's hear from some students to learn more.

William: Well, sometimes when I'm feeling down, I personally just really like to talk to my friends, because they're people that I really trust with a lot of different things and it just feels like you can really just tell them anything, and they'll always really support you. And that's why I just like talking to them, because it's not like they're gonna say, oh wow, big deal. They're gonna support you because that's what friends do.

DeAsia: You know, there's nothing wrong with crying every once in a while. I mean, I definitely cried when my grandma died. My whole family was sad. And sometimes I cry when I'm really frustrated, too. I usually feel better afterward.

Devon: If I'm ever really anxious or nervous about something, talking to my mom always makes me feel better. She just has a way of making me look at things differently, which really helps. She's great.

Sofia: When I'm feeling stressed, I enjoy drawing. It helps take my mind off whatever is making me feel stressed, and it calms my mind and body, being creative.

Julius: When I'm feeling excited and in a good mood, I love to play the drums. It allows me to get some of my energy out in a healthy and creative way, and it's so much fun.

Rohan: If I've had a bad day at school or I'm mad or annoyed at one of my brothers, I like to get outside and shoot some hoops, or kick the soccer ball around, maybe even go for a run. The fresh air gets my anger out, and it seems to help clear my mind.

Charlotte: No matter how I feel, I write in my journal almost every day. It allows me to express all my thoughts and feelings in a safe way. And if I'm feeling overwhelmed, it helps me put things in perspective, and usually makes things seem much more manageable.

Sebastian: Whenever I'm feeling down or sad, I usually like to go to my room, dim my lights and listen to music. This helps me calm down and assess my feelings, and then I make a solution to whatever problem I'm facing.

Nevaeh: Dance helps me express my feelings by letting things go.



Braylon: Wow...Nice! These are all great ways to express and manage feelings. You might need to try a few of these to find what works best for you.

One thing that was mentioned that's always helpful is talking to an adult. Believe it or not the adults in your life have most likely experienced many of the same feelings that you are. They can help you understand where those feelings are coming from and how to deal with them. And, if you need, or want, to talk to a professional, like a counselor or therapist, they can help you find one.

Choose two trusted adults in your life that you would feel comfortable talking to. It could be a parent, other family member, coach, teacher or any other adult you know and trust. Think about it and I'll see you soon.



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