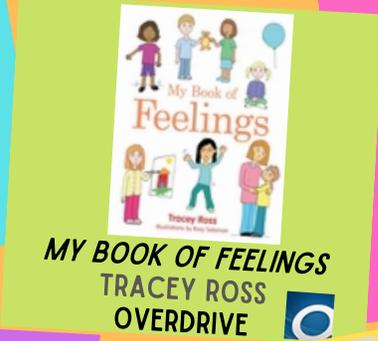
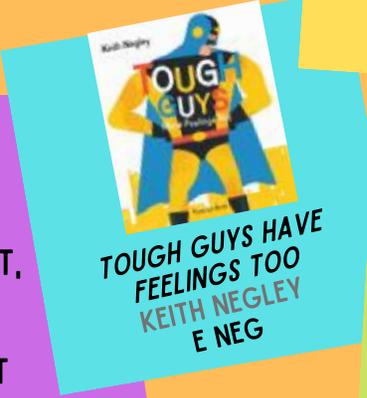


SEL MAKE-AND-TAKE KIT: EMOTIONS IN MY BODY

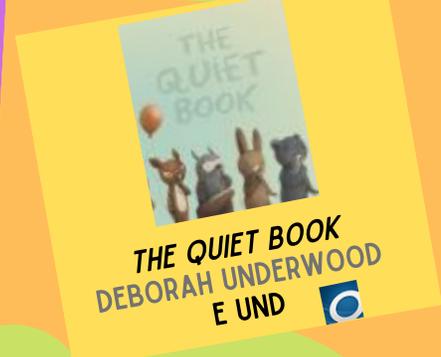
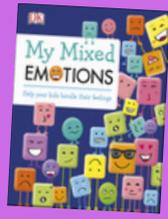
ACTIVITY INSTRUCTIONS

- DRAW/COLOR SOME BODY PARTS/FACIAL FEATURES (EYES, NOSE, MOUTH, HEART, ETC.)
- DRAW OR WRITE SOME OF THE FEELINGS YOU FEEL IN THESE AREAS
- EX: DRAW TEARS BY EYES FOR SADNESS
 - EX: ASSIGN A COLOR TO FEAR OR ANXIETY AND WRITE "BEATING FAST" IN THIS COLOR BY THE HEART
- EX: DRAW BUTTERFLIES IN TUMMY AND WRITE "NERVOUS" OR "EXCITED"
 - EX: WRITE "ANGER" ON FISTS
 - IF YOU NEED TO ADD LONG HAIR, USE THE EXTRA PIECE AND CUT IT LIKE IN THE SAMPLE



TIPS FOR PARENTS

KIDS FEEL THEIR EMOTIONS IN THEIR BODIES JUST LIKE ADULTS DO. THEY MIGHT EXPERIENCE A RACING HEART, START SWEATING, TENSE UP, GET A STOMACHACHE, ETC. THESE PHYSIOLOGICAL FEELINGS CONNECT TO THEIR BEHAVIORAL RESPONSES. THIS ACTIVITY CAN HELP CHILDREN MAKE THE CONNECTION BETWEEN THEIR EMOTIONS, BEHAVIORS, AND BODIES. THEY WILL DEVELOP AN AWARENESS OF THESE REACTIONS AND LEARN TO RECOGNIZE THEM AS THEY HAPPEN. WHEN WE UNDERSTAND WHAT IS HAPPENING TO OUR BODIES, WE ARE ABLE TO GAIN SOME CONTROL AND CALM BACK DOWN.



DISCUSSION TOPICS/QUESTIONS

- WHERE DO YOU FEEL DIFFERENT EMOTIONS IN YOUR BODIES?
- WHAT DO THOSE EMOTIONS FEEL LIKE IN YOUR BODY?
- HOW DO YOU REACT WHEN YOU FEEL THIS FEELING IN YOUR BODY?
- HOW CAN YOU HELP YOUR BODY CALM BACK DOWN WHEN YOU FEEL A BIG FEELING?

WHICH STANDARD DOES THIS ACTIVITY MEET?

BI.1.A

IDENTIFY PERSONAL BEHAVIORS OR REACTIONS WHEN EXPERIENCING BASIC EMOTIONS

WHERE CAN I LEARN MORE?

- [HTTPS://BETTERKIDS.EDUCATION/BLOG/CHILDREN-AND-ANGER-WHAT-S-HAPPENING-INSIDE-OUR-BODIES](https://betterkids.education/blog/children-and-anger-what-s-happening-inside-our-bodies)
- [HTTPS://WWW.MINDFULSCHOOLS.ORG/WP-CONTENT/UPLOADS/2018/03/EMOTIONS-IN-OUR-BODY.PDF](https://www.mindfulschools.org/wp-content/uploads/2018/03/emotions-in-our-body.pdf)
- [HTTPS://WWW.VERYWELLMIND.COM/WHAT-ARE-EMOTIONS-2795178](https://www.verywellmind.com/what-are-emotions-2795178)

