

Find My Feelings & Voice My Feelings (Elementary)

Has there ever been a time when you had a lot of emotions and that made you feel all mixed up inside? Maybe you couldn't describe what you were feeling, so you used words like "happy," "mad," or "sad."

When you have big feelings, it's important to stop and think about what you are feeling and why you are feeling that way. When you stop and think about your feelings, you are practicing the strategy ***find my feelings***.

We can use a feelings chart to think about what we are feeling and why. A feelings chart will help you identify more complex feelings, like shy, stressed, or hurt. We can also use clues from our body—like butterflies in our stomach, shaky hands, or a racing heart—to understand how we feel. It's normal to have strong feelings, and we can have more than one feeling at once!

I used the strategy ***find my feelings*** when I had to go to a new school. I thought I felt sad, but my stomach had butterflies, and I knew that wasn't something that usually happens when I feel sad. When I stopped to think about my feelings, I realized that a better description was nervous and also a little excited. After I was able to ***find my feelings***, I needed to explain how I was feeling.

You can explain your feelings by using the strategy ***voice my feelings***. When you ***voice your feelings***, you communicate how you feel and what is making you feel that way. You can use the sentence "I feel [blank] when [blank]." I used the strategy ***voice my feelings*** to communicate my feelings about going to a new school. I explained, "I feel nervous and excited when I have to change schools and make new friends."

When you have big feelings and start to feel mixed up inside, remember to stop and think about how you are feeling and what is making you feel that way. Use clues from your body to help you identify complex feelings. After you have ***found your feelings***, use the strategy ***voice my feelings*** to express your feelings respectfully.