

### ***Find My Feelings & Voice My Feelings (Secondary)***

Have you ever felt as though several emotions were all jumbled up inside you? Maybe you couldn't quite describe what you were feeling, so you settled on basic words like "happy," "mad," or "sad."

When you have strong emotions, 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 begin thinking about what our feelings are and why. A feelings chart will help you identify more complex feelings, like hesitant, overwhelmed, or inquisitive. We can also use clues from our body—like scrunched-up shoulders, trembling hands, or the urge to run out of the room—to understand how we feel. It's normal to have strong emotions, even to have more than one at the same time!

I used the strategy ***find my feelings*** when I started high school. I thought I felt excited about being a freshman, but I was nauseous, which I knew wasn't something that usually happens when I feel excited. When I stopped to think about my feelings, I realized that a better description was nervous. I was excited about going to high school but nervous about finding my way around the building and attending classes with older students. After I was able to ***find my feelings***, I needed to explain my feelings.

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 high school. I explained, "I feel nervous and excited when I think about moving up to high school and adjusting to new classes and teachers."

When you have strong emotions and start to feel many different things at once, 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.