

Read the story and then play “guess the feeling.” Put “feelings” on index cards with behavioral characteristics. Ask for a volunteer to act out the feeling. Students have to guess the feeling. The student that gets it correct goes up to the front of the class, and does the next feeling. Then have students make their own emoji chart and at the end of the lesson, have students practice using the secret formula. Remind them that they have to be able to identify their feelings in order to use the secret formula.

Reflection: Below are some examples of different feelings or emotions that we have. Can you tell if they are Go behavior feelings, Stop behavior feelings, or Sad/Passive behavior feelings?

Activity: Write the feelings under the faces that describe what feeling you identify with mostly.

My Feelings!

| | |
|-------------|--------------|
| Envious | Jealous |
| Excited | Lonely |
| Suspicious | Courageous |
| Nervous | Scared |
| Embarrassed | Confused |
| Irritated | Furious |
| Connected | Happy |
| Disgusted | Guilty |
| Shocked | Mad |
| Humiliated | Fearful |
| Terrified | Sad |
| Surprised | Bored |
| Overwhelmed | Shy |
| Grateful | Remorseful |
| Worried | Frustrated |
| Unsure | Ashamed |
| Hopeful | Bored |
| Silly | Content |
| Peaceful | Anxious |
| Resentful | Disappointed |
| Calm | Tired |
| Determined | Envious |
| Insecure | Confident |
| Joyful | Glad |
| Love | Content |
| Worried | Puzzled |
| Annoyed | Angry |
| Greedy | Thoughtful |
| Miserable | Lazy |

| | |
|---|---|
| Angry Bored Thoughtful Nervous | Happy Sick Lazy Puzzled Worried Calm |
| | |



Practice using the "Secret Formula" below.

"I feel _____ when/because _____."
 (say feeling word)

What worked.

Began lesson by reminding them of key concepts. Assertive behavior-*GO*, Passive Behavior and Aggressive behavior. Also to Stop and Think. Reviewed think and pause and how we need to be aware of our feelings in order to change our behavior. (Reminded them that we have up to 80,000 thoughts a day and half are negative.) I then read the story, pg. 5. I then reviewed the different behaviors on the handout and asked kids to thumbs up for Go, thumbs down for Stop and thumbs to the side for Sad or Passive behaviors. I then told them that sometimes the behavior can be both passive and aggressive and known as passive/aggressive behaviors. All feelings are based in either fear/love. I used different markers (red/green/blue) to make points on the board. I did not go over all feelings. The teacher then showed the example under the doc-camera and filled in the first two faces. Students were asked to finish using feelings that they associated with most. I forgot silly, and kids added that. Some also added calm, which was good, because we need to remind students that it is hard to always be happy, and calm is the feeling that is best. After, that, we acknowledged that we have to sometimes let people know how we are feeling by using the secret formula, and I asked for examples. It was important to remind them not to say the word you, and that we are responsible only for our own feelings and actions and that we cannot change others we can only change ourselves. We also covered perspective being the main reason, why we sometimes do not see eye to eye with others. But letting others know how we are feeling using the secret formula, allows us to express our feelings in a way that respects others while taking care of our own needs too. Later, the teacher, rolled a feeling cube that I had made beforehand, and students were invited to share their feelings using that feeling that was rolled. I was able to help them formulate responses using the secret formula, avoiding the word you. Lastly, students filled in the bottom of the worksheet describing how they were feeling using the secret formula and kids were invited to share their responses, if they wanted to.

Teacher also reminded students that the concepts that they were learning will be valuable the rest of their life, as many learn, these strategies as adults and they are in therapy. It is not easy at first to express their feelings, but the kids did get into it and were expressive.

