

**LESSON: Talking About How I Feel**

**OUTLINE**

1. Sometimes you can tell how other people feel by looking at them, but sometimes people tell us how they feel.
2. It’s not always easy to talk about how you feel.
3. If you’re not sure how you feel, you can try to figure it out by thinking, writing, or drawing about it.
4. It helps to remember what happened and how it made you feel so that you can talk to someone about it. (**ACTIVITY**: Role-play talking to others about feelings)
5. Talking about how you feel is important because someone else might be able to help you.
6. Talking about how you feel can help you feel better.
7. **ACTIVITY:** Help a Friend with Their Feelings (Pair students up and give them one laminated Activity Sheet [“Help a Friend with Their Feelings”] to share. Have one student present a feeling to the other and write it in first balloon with dry-erase marker. The other student brainstorms things to try to address the situation and writes ideas in second balloon. Students can practice/act it out, then switch places.)

**MATERIALS NEEDED:**

* Facilitator’s Guide
* Help a Friend With Their Feelings – **Laminated**
* Dry-erase markers
* Magnet Cards
* Homework Sheet – optional