

WHY ARE EMOTIONS IMPORTANT ANYWAY?

OBJECTIVE: To get child to understand the Emotions give us information about an experience so we can respond. Painful or pleasurable emotions are all valuable because they give us information

SKILL: Learning to value our emotions



- Video
- Exercise Sheets
- Counsellor Interaction

CORE LEARNING

Feelings and emotions

What are feelings and emotions?

Emotions are important because they give us information about what is going on so we can problem solve. Feelings give us information about a situation we are experiencing. Feelings help us create. Feelings help us survive. Feelings help us problem solve. Every one has feelings and all human being can't help but feel- they are part of everyone. We feel different feelings all day long as different things happen to us.

- Sometimes we feel sad- e.g. when someone we love moves or leaves us
- Sometimes we feel happy- e.g. when we are having fun with our friends
- Sometimes we feel scared, angry, guilty, lonely and a range of other emotions depending on the situation.

We don't have to be ashamed or be wierded out that we have feelings. Everyone has them - good and bad. What matters is if we are aware of our feelings and what we do about it. We can use our feelings to hurt ourselves and others, or to help ourselves and others. This

is where CHOICE is important. Our feelings give us very important information about our world and we get to decide what to do based on that information.

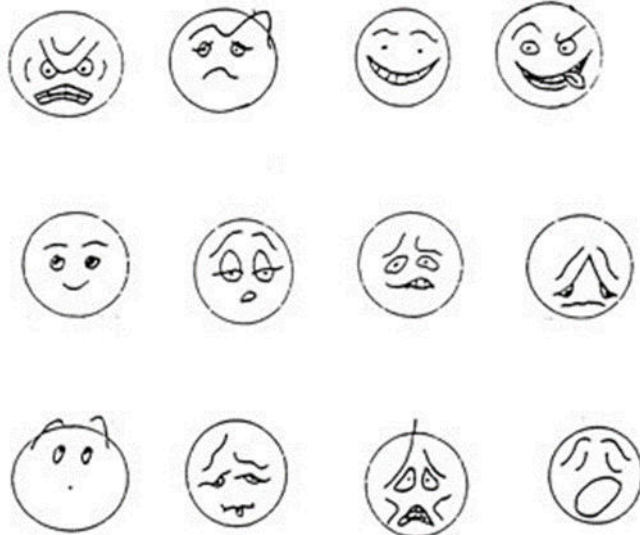
Looking at emotions

When we are feeling a strong emotion, it's because chemicals are released into our brains. These can make us feel happy, sad, angry etc. For emotions to work well, and to our benefit, we must be in control. When our emotions are either too big or too small, they cause problems with ourselves and with other people. We can become insensitive to our feelings or we can become overly sensitive to our feelings. WHICH ONE ARE YOU?

IDEALLY: We want to sense our feelings enough to do something about it, but not so it controls us

Activity

Here are some faces and a list of words to describe feelings.



Which words do you think go with each face?

happy	angry	puzzled
miserable	nervous	greedy
lazy	thoughtful	innocent
worried	bored	sick

1. Which words describe negative feelings? (feeling bad)
2. Which words describe positive feelings? (feeling good)
3. Which sort of feelings do you like best- positive or negative?



- When we feel happy, positive and friendly, we will attract other positive people.
- When we feel negative, sad, angry or and want to hurt people, we will attract other people who are equally sad and angry or we may find ourselves alone a lot.

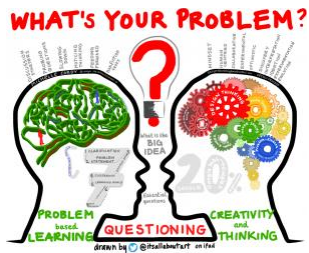
What makes us feel the way we do?

- Many people who struggle with feelings do so because they have “big emotions” or small emotions’
- Big emotions mean they feel more than other people, so when they feel painful emotions– they feel it so much it gets in the way of life (school, homelife, activities, health etc.)
- Small emotions just mean we can’t cue in to what we are feeling and we don’t quite cue in to what somebody’s else is feeling.
- We may feel big or small emotions based on
 - what has happened before in your life- e.g. You felt something painful very early in your life, and you felt it often
 - You’ve been around people that have made you feel bad
 - You were born with big feelings or small feelings
 - How you see other people showing their emotion

INSIDE STORY

Gabriel and Meghan were 7-year-old twins. Meghan had a lot of friends at school and did good with her grades. Gabriel had a harder time making friends and would always compare himself to his sister. The other kids weren’t very friendly to him so sometimes, Gabriel would say mean things to them or throw their belongings away just to get back at them.

At home, Gabriel felt mom and dad took sides with Meghan a lot. No matter how much Gabriel tried, he just felt worse and worse about himself. He would act out and stomp out of the room when his mom and dad would speak to him. He would taunt his sister a lot, and she would cry and report what Gabriel did to Mom and dad. This cycle would continue and Gabriel would feel worse and worse about himself



Discuss the following;

- 1) Is it a good thing to compare ourselves to others?
- 2) Does Gabriel have big emotions or small emotions? Why so?
- 3) What options did Gabriel have when the other kids treated him badly?
- 4) Do you think Gabriel made things better by picking on his sister?

Feelings

**Feelings go up and feelings go down
There are feelings inside us all spinning around.
Sometimes they're good and sometimes they're bad
But feelings are something that everyone has.
Being shut out and feeling unsafe are feelings that
I think that
Everyone
Hates.**

Suggested Videos

www.everydayspeech.com