



GoZen!

# FEELINGS



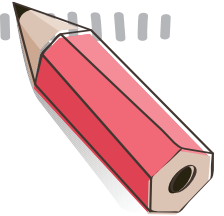
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# FEELING YOUR FEELINGS

If you've ever had a challenging feeling that you don't know how to deal with, this journal is for you! The following pages go over 5 steps to help you navigate big feelings!



## WHAT'S THE FEELING?

Put a name to what you're feeling.



## WHERE'S THE FEELING?

Find where the feeling shows up in your body.



## WHEN DO YOU HAVE THE FEELING?

Figure out what situations bring up the feeling.



## WELCOME THE FEELING!

Accept the feeling instead of ignoring it.























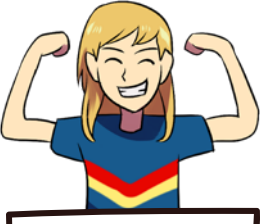



## WORDS FROM YOUR FEELINGS.

Listen to the message your feeling is sending.

# #1: WHAT'S THE FEELING?

Do you ever have feelings that are hard to deal with? Circle at least 3 of those challenging feelings below. You might be surprised to learn that all feelings have a purpose and can even be helpful! Focus on 1 of the feelings you circled throughout this journal. :)



 Angry	 Annoyed	 Bored	 Calm	 Confident
 Confused	 Curious	 Disappointed	 Embarrassed	 Excited
 Focused	 Guilty	 Happy	 Lonely	 Proud
 Sad	 Scared	 Shy	 Sick	 Silly
 Strong	 Surprised	 Tired	 Worried	

# FEELINGS ABOUT YOUR FEELINGS

Have you ever thought about how you feel about certain feelings?  
Focus on 1 challenging feeling and answer the questions.

Feeling:

How hard is this feeling to deal with?



Do you feel like this feeling is helpful in your life?



Do you wish to have more of less of this feeling?

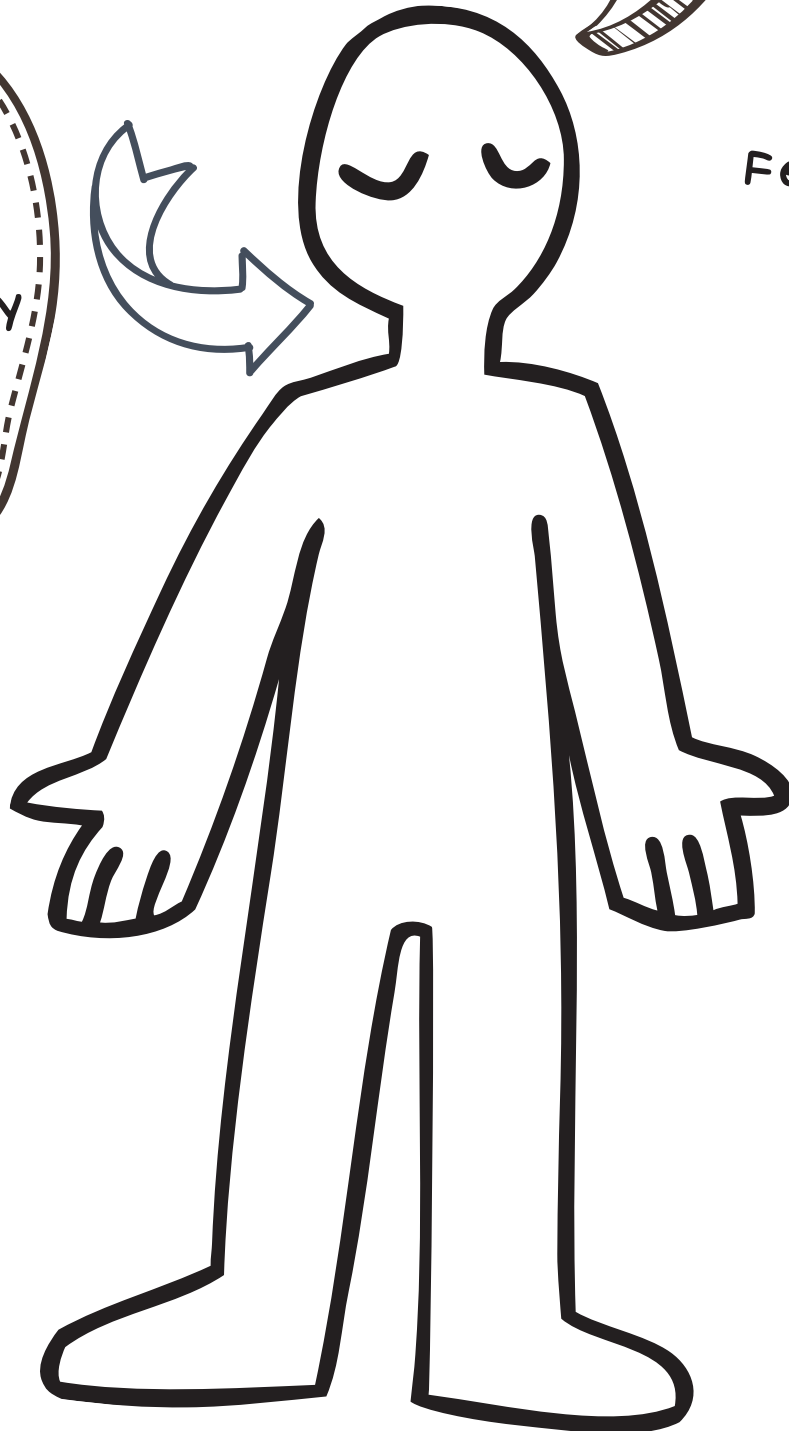


What's one good thing that's come from this feeling?  
(Example: My anger made me speak up for myself.)

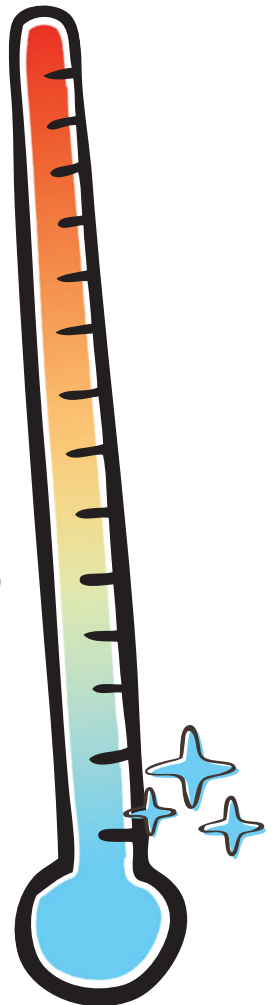
## #2: WHERE'S THE FEELING?

Feelings show up in different parts of the body. Where do you feel your feeling? Do you feel your stomach flipping or your hands clenching?

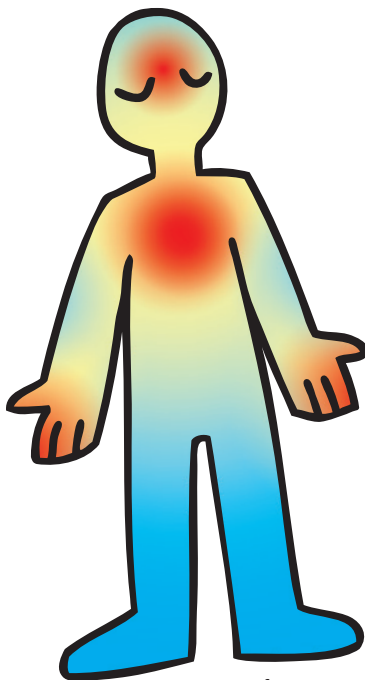
Use colors to show where your feelings are and if they are hot or cold.



HOT Feelings



COLD Feelings



Example



Notice what your body is doing! When you feel a feeling, you probably notice different sensations. Circle what you're feeling and draw your own!



# MY FEELING:

## WHAT MY BODY IS DOING:



Sweating



Heart racing



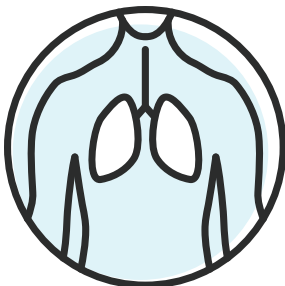
Butterflies in my stomach



Tightness in my body



Trembling



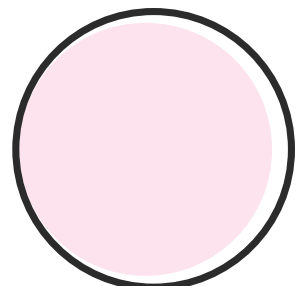
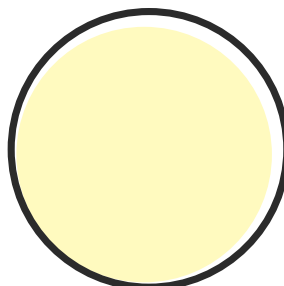
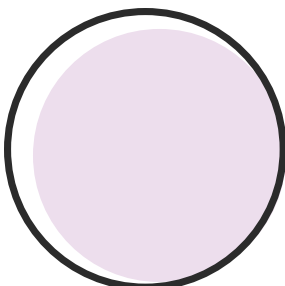
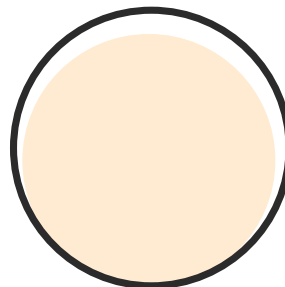
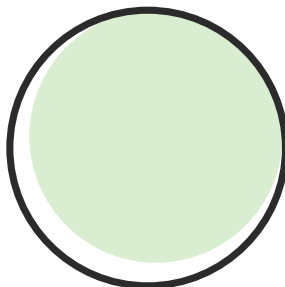
Shallow breathing



Feeling hot or cold



Feeling dizzy



# BODY LANGUAGE!

What do your body and face look like when you have certain feelings? Look at the examples and create your own!

Chattering teeth

Eyebrows lifted



Hands on chest

Nervous

Squinting eyes

Eyebrow raised

Pouting mouth

Arms crossed



Jealous

# #2 WHEN DO YOU HAVE THE FEELING?

Get to know what situations come right before you have certain feelings. Fill in real examples below.

**Before**  
(Situation)

**Feeling**

Example: My brother went into my room without asking and took something.



Angry



Angry



Annoyed



Bored



Focused



# WHEN DO YOU HAVE THE FEELING?

Get to know what situations come right before you have certain feelings. Fill in your feelings and examples below.

**Before**  
(Situation)

**Feeling**

# #3: WELCOME THE FEELING

Welcoming your feelings means noticing them pop up without trying to change, ignore, or run away from them. Welcoming takes practice! Practice saying hi to your feelings like they are friends coming for a visit. Start your sentences with "I notice I feel..."

I notice  
I feel angry.  
Come on in,  
anger.

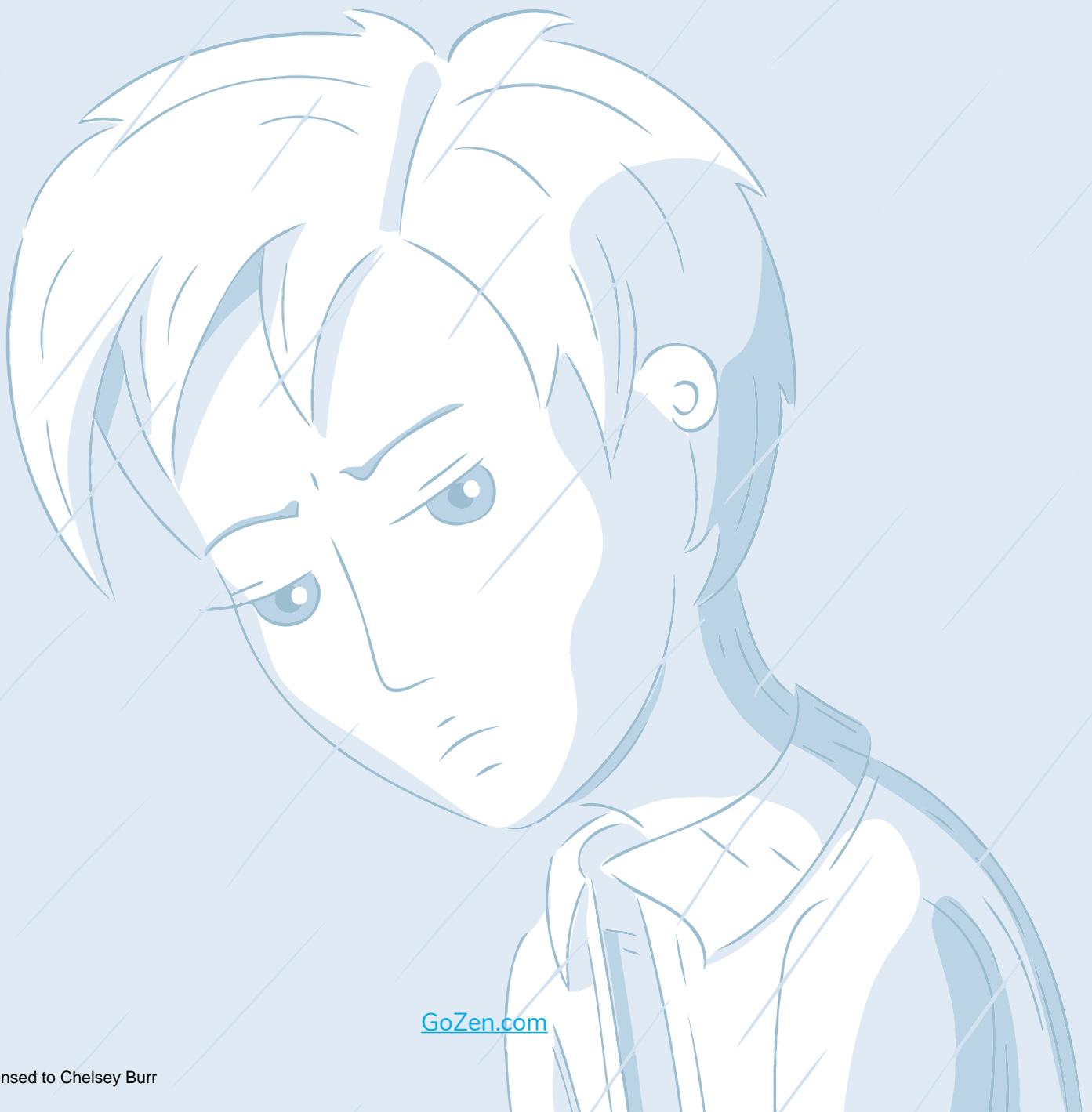
I notice  
I feel sad.  
Hi, sadness.



# UNCOMFORTABLE IS OKAY



Try this: Pick a challenging feeling (anger, jealousy etc.). Set a timer for 2 minutes. Close your eyes and think about the last time you felt that way. What happened? Who was there? What was the scene? Visualize it in detail. See if you can bring the feeling up. Remember, you're safe. When you're done, write keywords about your experience.



# UNDER THE FEELING

When you welcome challenging feelings, sometimes you notice other feelings or thoughts pop up. What else do you feel? Circle feelings that come up for you and write in your own.

Lonely

Misunderstood

Forgotten

Disrespected


Blamed

Frustrated

Tired

Guilty

Left out



# RIDE THE FEELINGS WAVE

Feel your feelings, even if they're uncomfortable! Imagine you're an expert surfer and feelings are just waves you have to ride. You'll see some helpful sayings below to use when you have challenging feelings. Add in some of your own!

I notice I'm having a challenging feeling.

I can do hard things.

I'm riding the wave.

I am powerful.

These feelings are uncomfortable, but not dangerous.

# WELCOMING BEFORE REACTING



Welcoming your feeling means pausing and accepting the feeling before reacting.



Before

Feeling

Welcome

Reaction

Ex: My brother went into my room without asking and took something.



























Angry

I took a breath and said hi to my anger. It was uncomfortable, but I knew I was okay.

I went to talk to my brother about what happened.

Circle the feelings which are the most difficult to welcome (pause, accept, feel). What do you usually do instead of welcoming these feelings?

 Angry	 Annoyed	 Bored	 Calm	 Confident
 Confused	 Curious	 Disappointed	 Embarrassed	 Excited
 Focused	 Guilty	 Happy	 Lonely	 Proud
 Sad	 Scared	 Shy	 Sick	 Silly
 Strong	 Surprised	 Tired	 Worried	

Instead of welcoming these feelings, I usually... (circle one!)

Ignore them  
Distract myself  
Hide them  
React without thinking  
Hope they disappear  
Other:

# PRACTICE WELCOMING



Plan how you're going to welcome your challenging feelings before they arise. Fill out some scenarios below.



Before

Feeling

Welcome

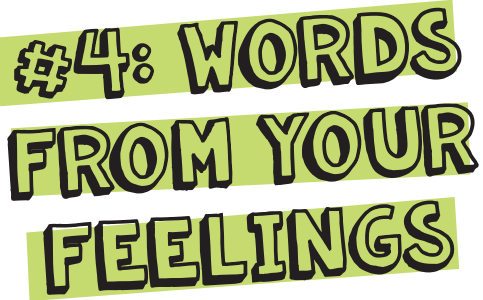
Reaction

Before

Feeling

Welcome

Reaction



## #4: WORDS FROM YOUR FEELINGS

Even though feelings can't use words, they have a lot to say.

They're sending messages and they want you to listen!

What is your feeling trying to tell you?



SADNESS, what's wrong?

You've lost something, and that hurts.

What's up, DISGUST?

That's gross! Don't go anywhere near it!

Why are you so loud today, ANGER?

Someone's being unfair to you and it's NOT okay.

Why am I feeling \_\_\_\_\_?



# IF YOUR FEELINGS COULD SPEAK...

Feelings are constantly sending our body and mind messages. If they could speak, they might sound something like this:



Angry

This situation feels unfair. Your boundaries are being crossed! You can ask for what you need.



Guilty

You behaved in a way you're not proud of. Check in to see if you need to repair a friendship or relationship.



Disappointed

Something turned out differently than you expected. Not getting what you expected feels bad.



Sad

You feel a loss and need relief. It's okay to cry. Be easy on yourself.



Worried

You need to perform right now-- you need a little motivation!

# IF YOU COULD TALK BACK...

Imagine your feelings could talk and you could respond. Write out your conversation below!

Feeling

Me

Feeling

Me

What did you learn?

# TRANSFORM YOUR FEELINGS

You may not be able to control your feelings, but you have power over your reaction. You can choose to do things that transform your feelings into empowerment.

Grab a journal and write about how I feel.

Splash some cold water on my face.

Take a deep breath and exhale for 5-7 seconds.

Listen to my favorite song.



Draw or create a piece of art.

Take a break and try again.

Talk to someone I respect.

Know that this is temporary.

Thank someone I'm grateful for.



Think about how I overcame past challenges.

Invert into a headstand (safely).

Sip some water.

Push against a wall.

Focus on one tiny good thing in my life.

Talk to the person that upset me.

Reach out to a friend.

Write a letter expressing my feelings.

Remember, I'm not alone.

Remember, this isn't every part of my life.

Figure out if it is a small, medium, or big problem.

Help someone with something they need.

MY WAYS:

What are some ways you like to transform your feelings?





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# EMPATHY



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# IN MY SHOES:

Write 5 things, inside and around the shoes below, that people don't know about you. Include some challenges you face.



# IN YOUR SHOES:

Find someone you know well or not so well; find out 5 things you never knew about them. Ask them about their daily routine, their challenges, books they're reading etc. Write in 5 things you learned below.





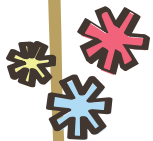
## Reflection

Do you think everyone faces challenges?


Do you think you know everything about your friends' experiences, both good and bad?



Have you ever decided you didn't like someone and then later changed your mind? What happened?



Let's be kind!



Everyone we  
meet is facing  
a challenge  
we know  
nothing about.



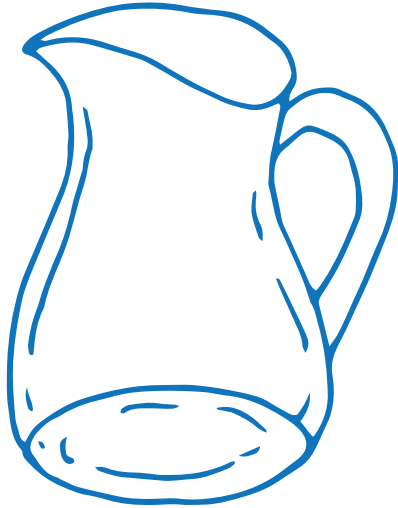
# MAP IT OUT!

Think about 5 things you have in common with kids your age all around the world. Write them in one color in the map below. Think about 5 things you don't have in common with kids your age all around the world. Write them in another color.

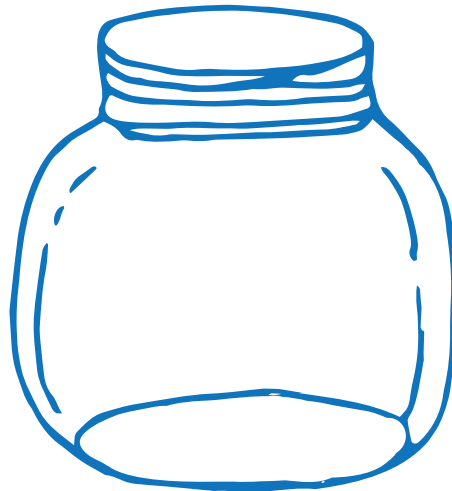


# CONNECTION JARS

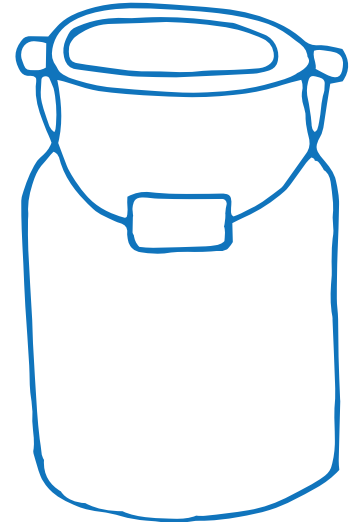
The jars below represent challenges many of us experience. Drop in a marble (color a small circle) into any jar where you've had the experience. Ask your close friends and family to do the same. Notice how the jars get filled up!



I worry about a lot of different things.



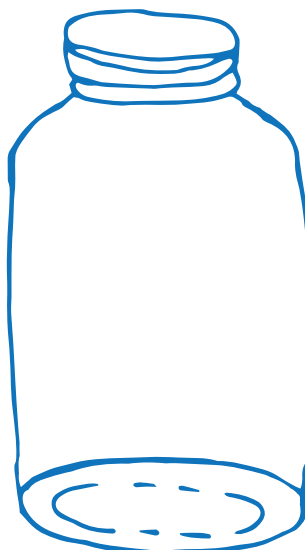
I like to spend time alone.



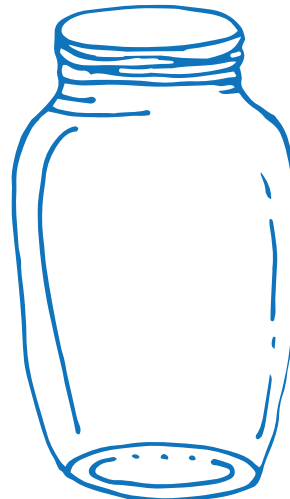
I fight with my brother or sister a lot.



School is or was hard for me.



I want to exercise more.



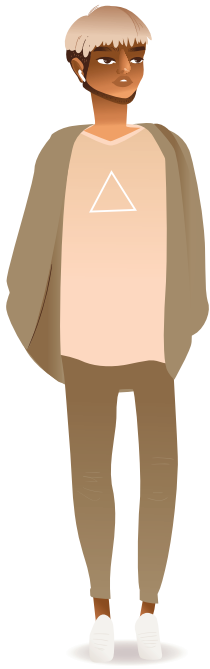
Sometimes I feel like no one gets me.



I wish a part of my body was different.

# FEEL THEIR FEELINGS

Read about the situations below. Then, try to take a moment to really step into that person's shoes and guess how they might feel, think, and act.



Situation: Jamal loves to dress in his own style, but, people – even some he thought were his friends – start to make fun of him. They say he dresses weird. When this happens...

What thoughts might go through Jamal's head?

What feelings do you think Jamal has?

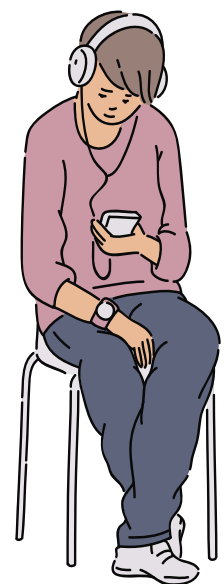
How does what other people say change his behavior?

Situation: Jordan doesn't have anyone to sit with at lunch at his new school. He sits alone and listens to music during lunch. When this happens...

What thoughts might go through Jordan's head?

What feelings do you think Jordan feels?

How does Jordan act because of this?



# FEEL THEIR FEELINGS

Read about the situations below. Then, try to take a moment to really step into that person's shoes and guess how they might feel, think, and act.



Situation: Raina is at a skate park with some of her friends when a group of other kids start to ask her what race she is. They tell her to go back to her own country. Raina is shocked! She was born about 2 blocks from that park. Raina's friends don't stick up for her.

What thoughts might go through Raina's head?

What feelings do you think Raina feels?

What do you think Raina does?

Situation: James and Rick are best friends. They do everything together. One day, someone tells Rick he should hang out with his own kind.

What thoughts might go through Rick's head?

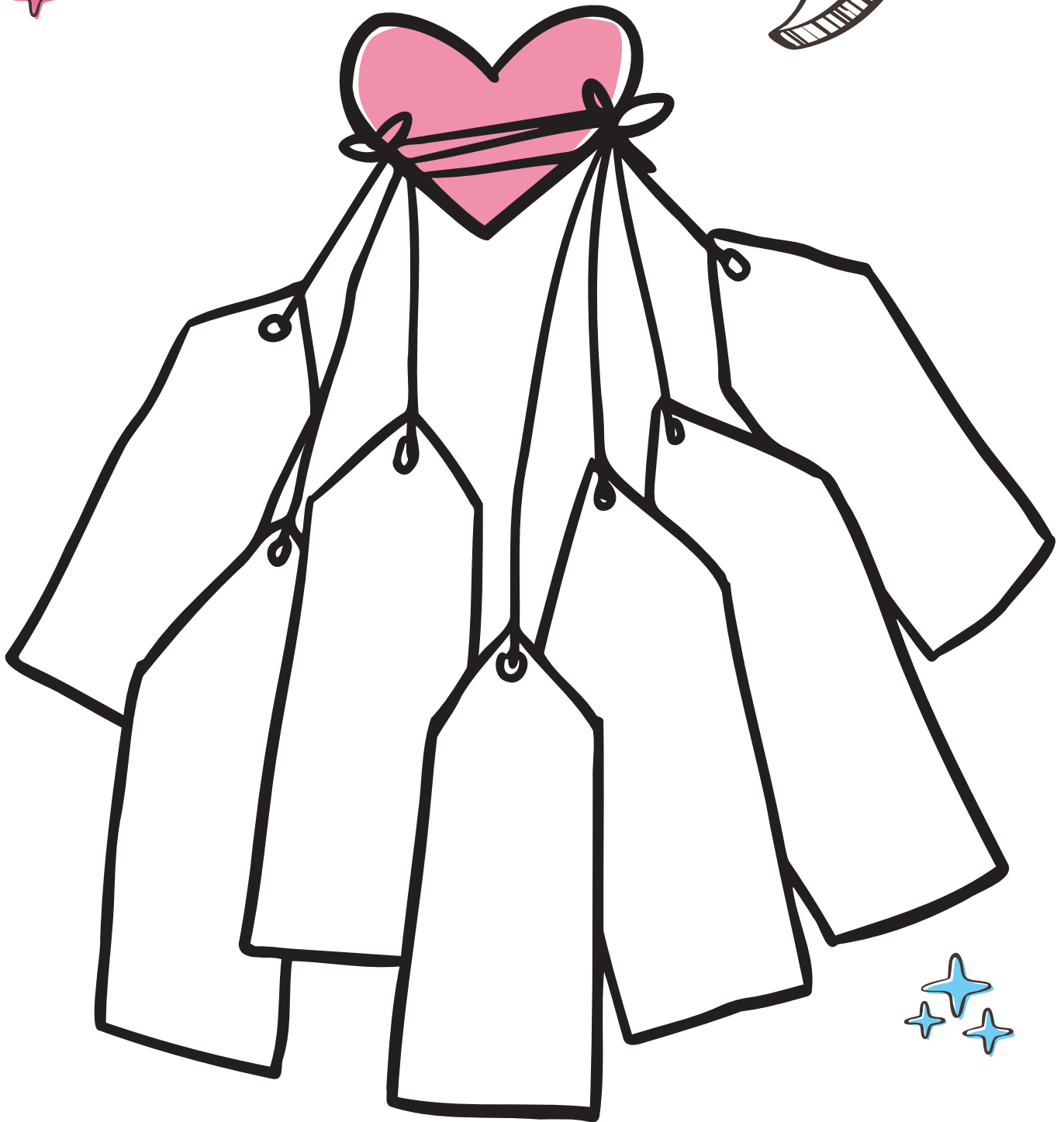
What feelings do you think Rick has?

How does Rick act because of this?



# HEARTSTRINGS

What are the world issues that pull at your heartstrings? Maybe it's the fight against hunger or homelessness. Write what pulls at your heart below.



# COMPASSION = ACTION

Empathy helps you see someone else's perspective and feel their feelings. Compassion spurs you into action. In the left column, write some scenarios where you feel empathy for someone. In the right column, write what action you can take to help the other.

## EMPATHY

Example: I felt sad when I saw Aria sitting alone at lunch.

## COMPASSION

Example: I asked Aria if I could join her for lunch.



# MAYBE???



Think of the last time someone did something that made you angry. In the puzzle pieces write at least 4 possible reasons that could have led to that person's actions. Below is an example. On the next page, you can try it yourself!

(Example) What made me angry:

A person I thought was my friend made a joke at my expense.

Maybe she was mean because she feels insecure herself.

Maybe she didn't know she was hurting your feelings.

Maybe she's angry because someone else was mean to her.

Maybe she knows she messed up and feels bad about it.

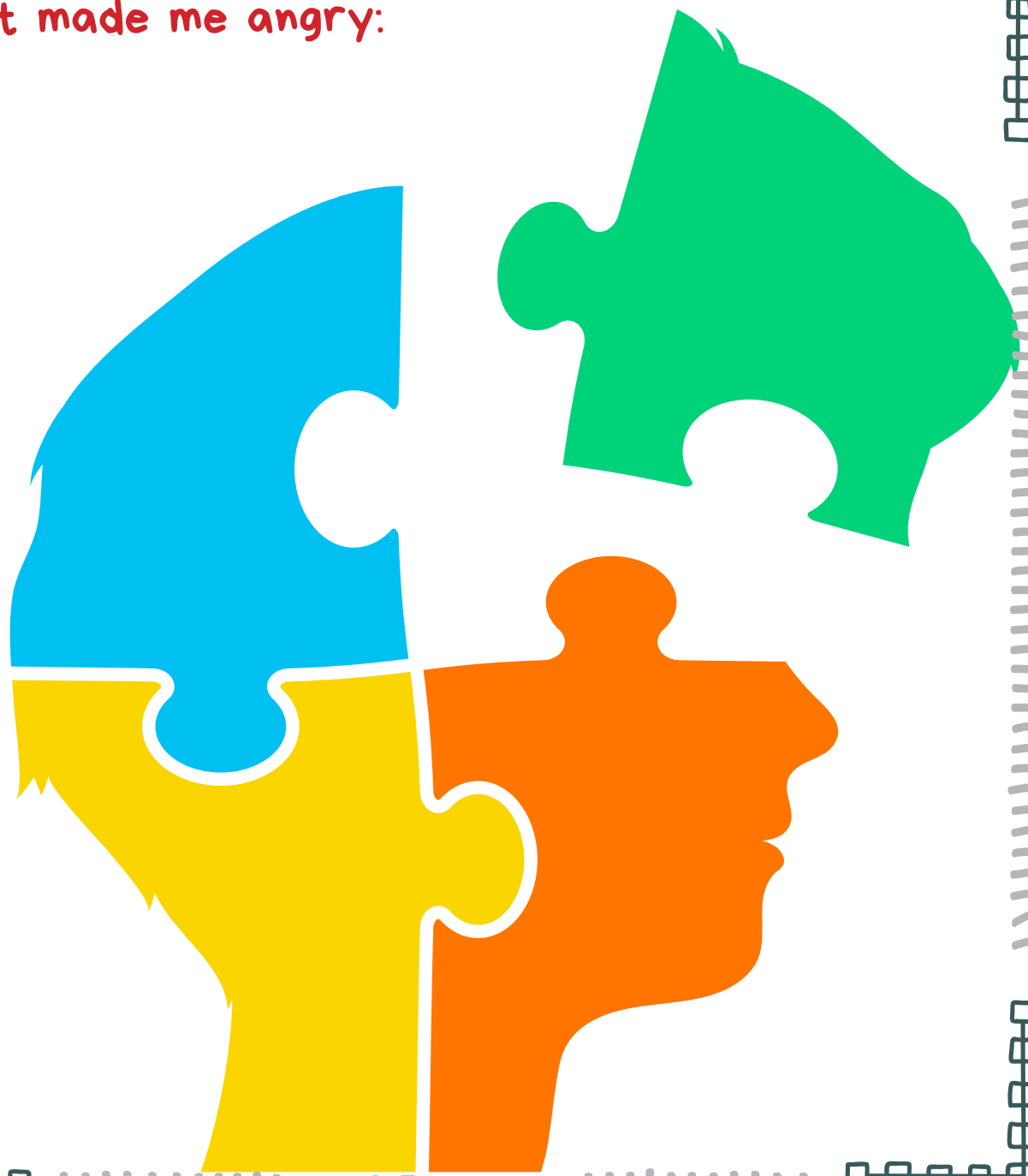


# MAYBE???



Think of the last time someone did something that made you angry. In the puzzle pieces write at least 4 possible reasons that could have led to that person's actions. Start your sentences with the word "Maybe..."

What made me angry:





# LISTENING BLOCKERS:

What prevents us from really listening to what others have to say? In the bubbles below, come up with reasons why it can be hard to truly listen to someone else.

Example: My own thoughts and opinions are really distracting. I keep thinking about what I want to say and can't pay attention to what the other person says.

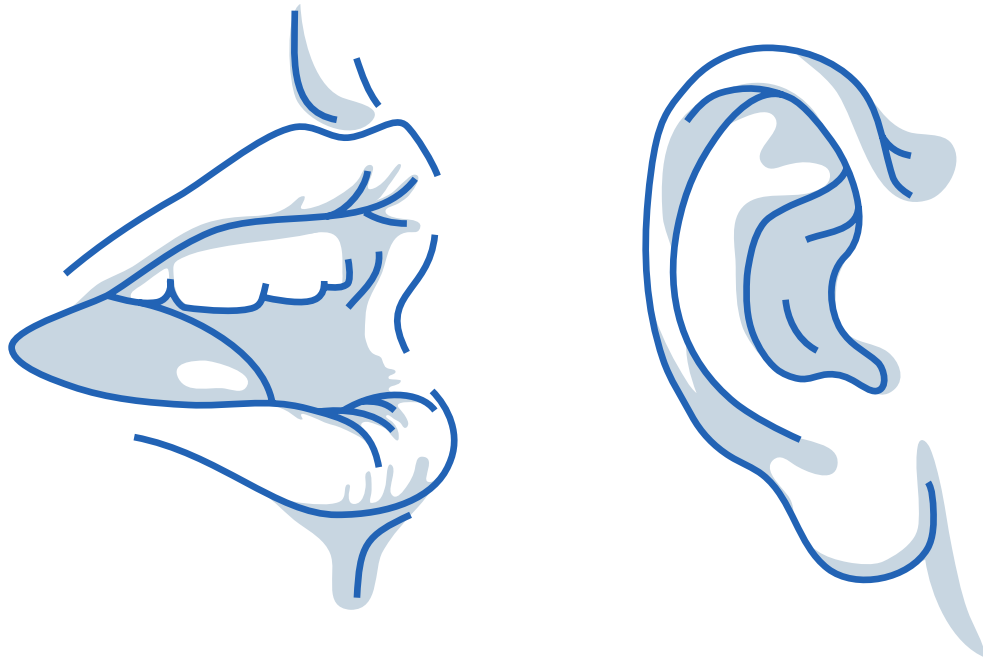




# TALK IT OUT!



Active listening can take a lifetime to master, but is one of the most important skills in building empathy, compassion, and strong relationships. Begin to master your skills by building a "Talk it Out" corner.



## INSTRUCTIONS:

1. Cut out the lips and ear separately.
2. Attach each to a popsicle stick (or something similar) with tape.
3. Find a place in your home or classroom to make your "Talk it out" corner. Place your lips and ear in this area.
4. The Talk is Out corner is used when you have a disagreement or conflict with someone. Both people involved come to the corner calmly and start by holding either the lips or ear.
5. The person with the lips speaks first for up to 2 minutes. This person can talk about their side of the story and how they feel. The person with the ear listens without interruption.
6. After 2 minutes, switch. Now, the person with the lips has a chance to respond; the one with the ear listens.
7. Repeat as necessary.





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# REACTION ROADMAPS



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# GOT **BIG** REACTIONS?

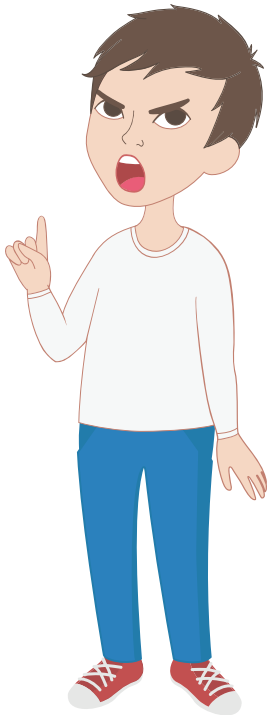
What you say or do when you face a problem is what we call a reaction. Once in a while, we all have BIG reactions to challenges. But, if you have BIG reactions more than you'd like, this journal is for you! Try the exercises on each page.

THAT'S NOT  
FAIR!!!

HMMMMPH!

LEAVE ME  
ALONE!

NO! NO! NO!  
NO! NO! NO!



Do you think you usually have BIG reactions to challenges?

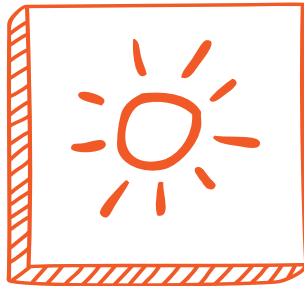
Do you feel like you have control over what you say or do in situations?

Do you want to change the way you react to challenges?

# WHAT SIZE IS YOUR PROBLEM?

Not all problems are the same size!

Try to imagine the problem you're facing like the weather. Think of the last problem you faced... circle the weather type related to that problem.



## SUNNY

It's a sunny day! No problem at all.

---



## WINDY

Just a little wind. This is something you can get through on your own.

---



## RAINY

This is a medium-sized problem, maybe you need some help.

---



## THUNDERSTORM

This is definitely a bigger problem. You need to call in support.

---



## MONSOON!

This is not just a problem, it's an emergency! Make sure you have someone to help you through it!

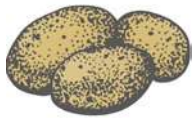
# WHAT SIZE IS YOUR PROBLEM?

Another way to think about the size of your problem is to use our veggie scale below! Think of the last time you faced a challenge where the size of your reaction matched the size of the problem (veggie). Write a few words about that time under the appropriate veggie below.



## PEA-SIZED PROBLEM!

This problem is so tiny, it's not a problem at all!



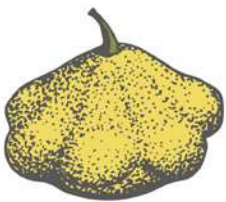
## POTATO-SIZED PROBLEM!

This is a small problem you can definitely handle.



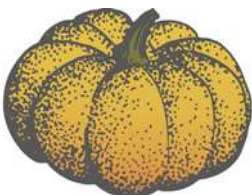
## PEPPER-SIZED PROBLEM!

This is a medium-sized problem, you might need some help.



## PATTISON-SIZED PROBLEM!

This is definitely a bigger problem--call in support.



## PUMPKIN-SIZED PROBLEM!

This is not just a problem, it's an emergency! Make sure you have someone to help you through it!

# WHAT SIZE IS YOUR PROBLEM?

Another way to look at the size of your problem is on a scale of 1-5. Write an example problem next to each size below.

#1

## NO PROBLEM

Everything is going fine!

EXAMPLE:

#2

## SMALL PROBLEM

This is something you can solve on your own.

EXAMPLE:

#3

## MEDIUM PROBLEM

This is something you might need a little help with.

EXAMPLE:

#4

## BIG PROBLEM

This is something you might need a lot of help with.

EXAMPLE:

#5

## GIGANTIC PROBLEM!

This is an emergency! You definitely need help!

EXAMPLE:



# RIGHT-SIZED REACTIONS



Read the problems below and write out what you think would be the "right" size reaction.



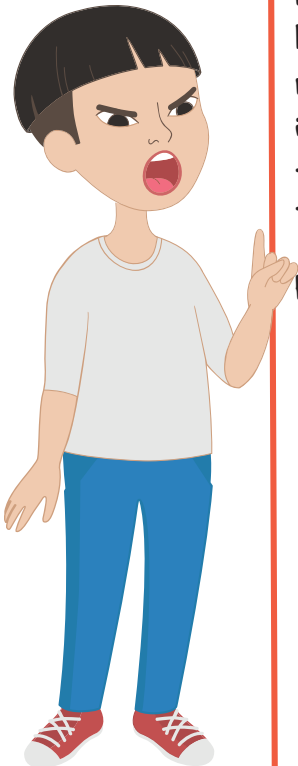
**PROBLEM:** Theresa's friend didn't ask her to be lab partners in science class.

Right-sized reaction:



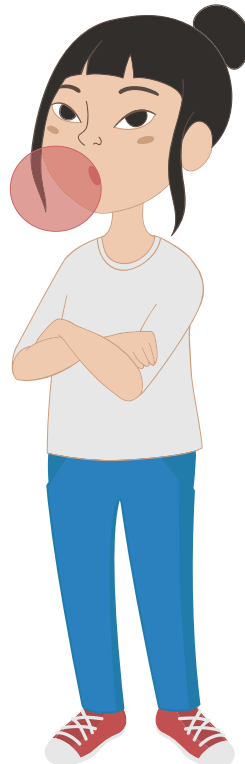
**PROBLEM:** Joe can't find his shoes anywhere before school. He finally finds them, but gets to school late. His teacher tells him not to be late again in front of the whole class.

Right-sized reaction:



**PROBLEM:** Harvey knows he's right about how many planets there are in the solar system. His friends think he's wrong. This is annoying to him!

Right-sized reaction:

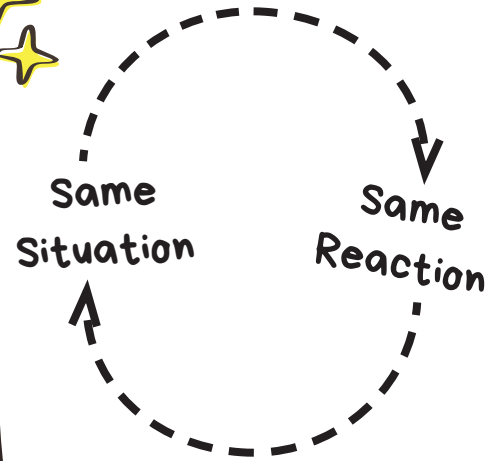


**PROBLEM:** Mai loves chewing gum. She's told she can't chew during swim practice, but she wants to anyway.

Right-sized reaction:

# REACTION LOOPS

Do you ever find yourself reacting the same exact way in the same challenging situations? You may be caught in a reaction loop! Fill out situations (When) where you have the same big reactions (Then).



**WHEN:** My mom asks about my homework.

**THEN:** I usually scream to be left alone and lock myself in my room.

**WHEN:**

**THEN:**

**WHEN:**

**THEN:**

**WHEN:**

**THEN:**

Using one of the "size of the problem" scales, mark the size of your problem (When statement) and size of your reaction (Then statement) next to each sentence set above. Circle the sets where the size of the problem doesn't match the size of the reaction. How could your reactions change to match the problem?

# WHY DO WE REACT THE WAY WE DO?

What causes you to react--say or do something--when you face a challenge? Check out Jade's challenge and two different ways she could react. Then, answer the questions below.



**The Challenge:**  
Jade's sister borrows her sweater without asking. Sometimes Jade borrows from her sister, too, but she usually asks.

Jade's  
BIG  
reaction:



Don't ever do  
that again!



Jade's  
right-size  
reaction:



Please just ask  
me next time!



How can a person have two different reactions to the same challenge? What things affect our reactions?

# THOUGHTS AFFECT REACTIONS

When you face a challenge, thoughts go through your head. These thoughts can influence what you say and do (your reaction). Check out two different thoughts which lead to two different reactions to the same challenge.



**The Challenge:**  
Jade's sister borrows her sweater without asking. Sometimes Jade borrows from her sister, too, but she usually asks.

Jade thinks:



She knew that sweater was new. So rude!

**BIG Reaction:**



Don't ever do that again!



Jade thinks:



I guess I do that to her, too. No biggie.

**Right-sized Reaction:**



Please just ask me next time!



# WHAT DO YOU THINK?

Think of one of the last BIG reactions you had to a challenge. Below, create two different reaction roadmaps. On the left, create a roadmap where you had a BIG reaction. On the right, create a roadmap where you have an appropriate size reaction.



The Challenge:

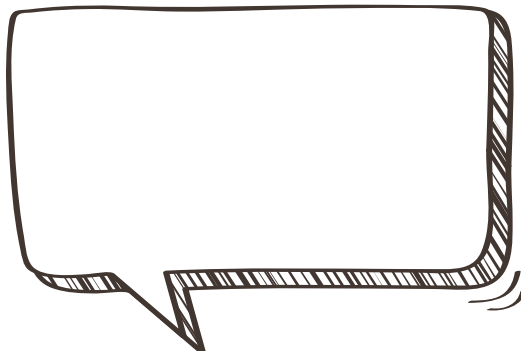
Thoughts:



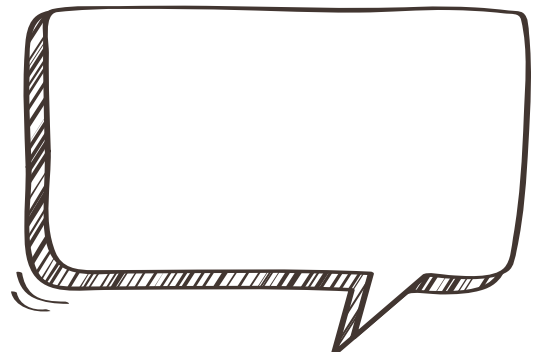
Thoughts:



BIG  
Reaction:



Right-sized  
Reaction:



# CHECK THOSE THOUGHTS!

We usually don't have BIG reactions because of the challenge itself... We have BIG reactions because the way we THINK about the challenge. Many times, our thoughts are exaggerated or missing info. Write about a challenge you're facing below. Write some thoughts you think when you're in the middle of that situation.

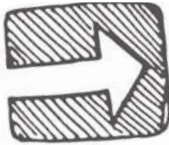
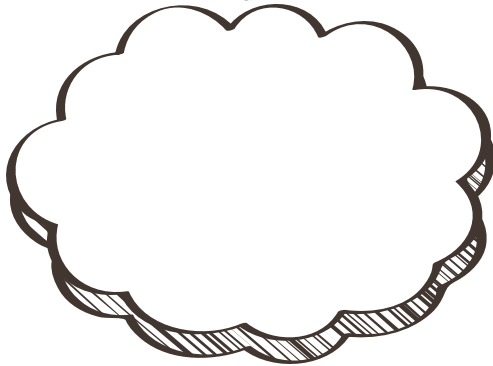
Then question each thought by asking yourself: Is this thought really true?



MY CHALLENGE:

Thought:

Is this thought really true?



# Big Feelings



affect reactions

Changing your reactions doesn't mean you should stop feeling your feelings. Feelings are important to have. The goal is to try to FEEL your feelings BEFORE reacting. This takes practice.

Think of one of the challenges you've recently faced. Write down some of the feelings you had during that challenge around the image below.



"When life's strong winds come blowing, bend with them, and let go. By bending you will become stronger in new places. By letting go, you will be making room for the new and better." ~Unknown

# POWER TO CREATE SPACE

Before you react to a challenge, you need space to choose the right-sized reaction. What you do to create space is in your power. Add your ideas in the rays below.



Drink some water  
Remember: I can do hard things  
Push against a wall  
Write down my feelings  
Try my favorite yoga pose  
Be kind to myself  
Squeeze and relax my muscles  
Take a deep breath  
Take a walk in nature  
Ask for help

## MY RAYS OF POWER



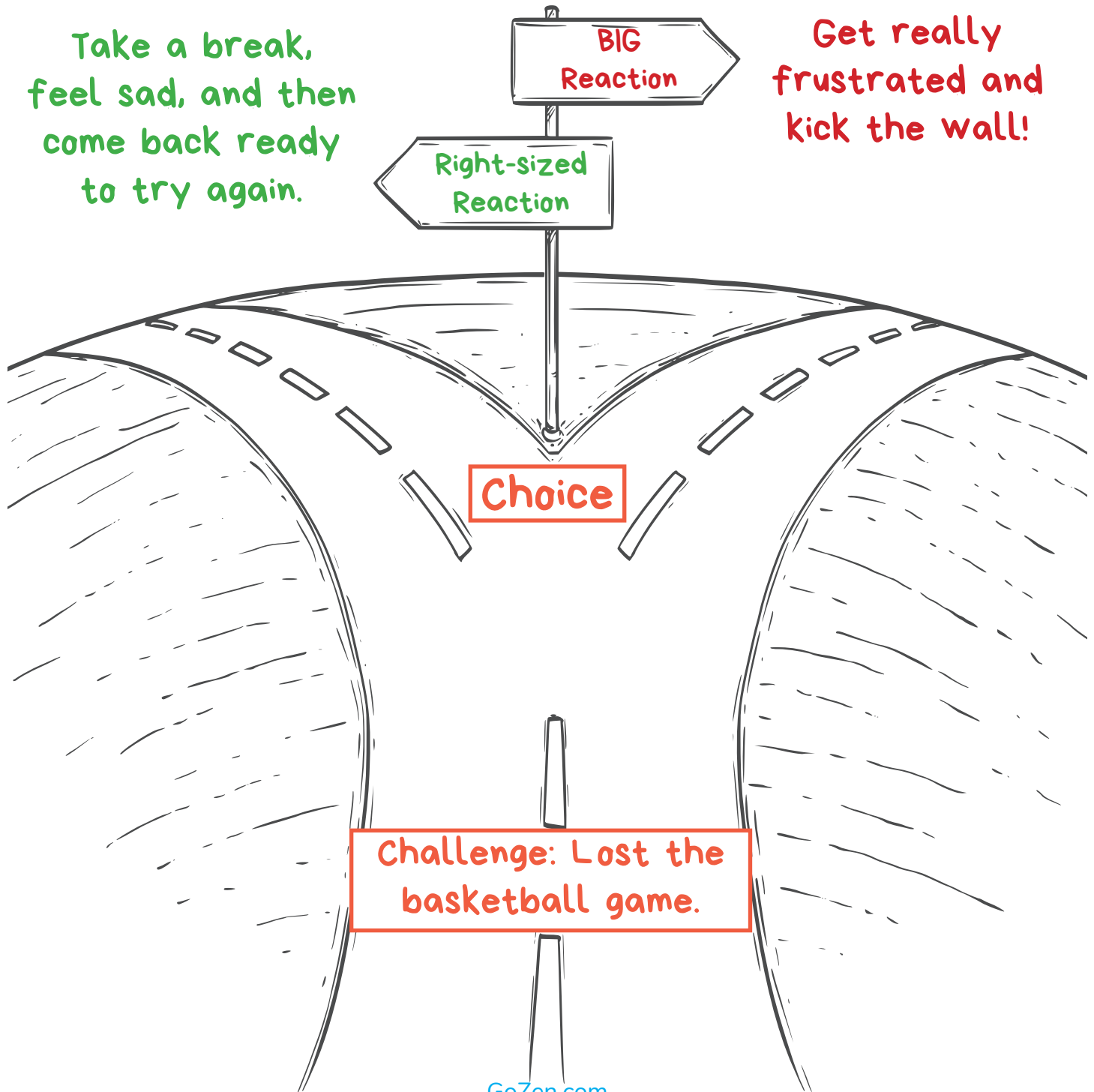
# REACTIONS ARE A CHOICE

When you face a problem, remember you have a CHOICE in how you react. Do you feel like you have a choice?



Take a break,  
feel sad, and then  
come back ready  
to try again.

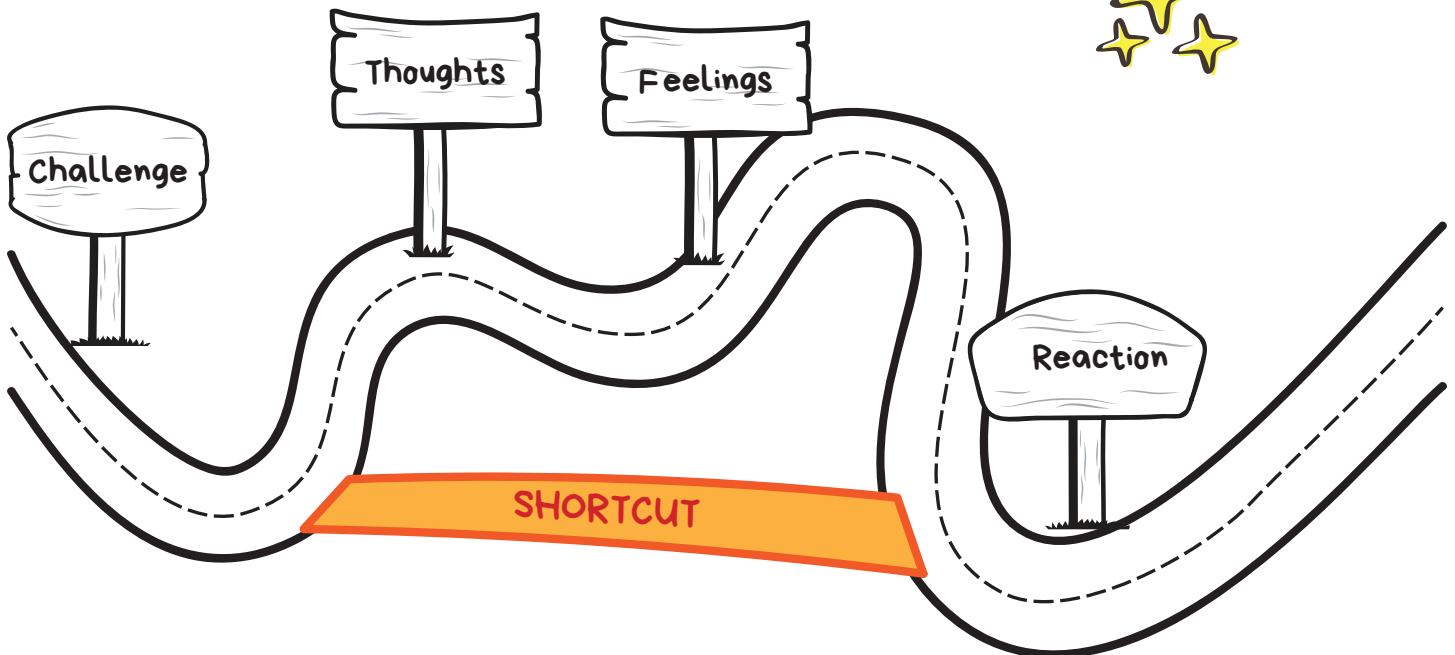
Get really  
frustrated and  
kick the wall!



# YOUR BRAIN ON CRUISE CONTROL

What happens when you don't feel like you have a choice?

Maybe you yell when you don't want to or say things you don't mean, but feel like you can't help it or have NO CHOICE. If this is the case, your brain may go from challenge to reaction because it's formed a habit!



Do you feel like you don't have a choice in how you react to challenges? Which challenges make you feel like your brain is in cruise control?

# YOUR BRAIN ON CRUISE CONTROL

When you first started riding a bike, you had to pay close attention to dozens of things and make lots of decisions. Your brain made habits of many of these choices. Habits free up brain space so you can do something like ride a bike while you pay attention and make decisions about other things.

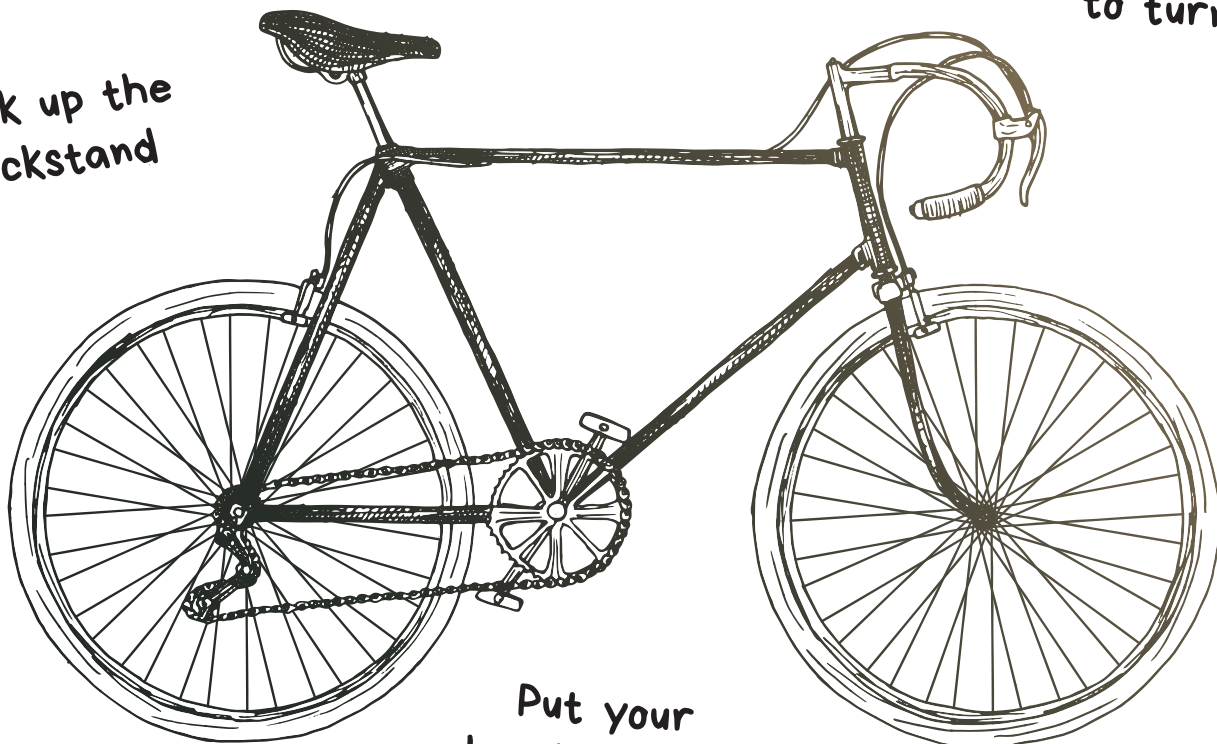
Cross out all the things you do now without thinking about it!

Step over the bike to sit down

Put your feet on the pedals

Move the handlebars to turn

Kick up the kickstand



Put on your helmet

Put your hands on the handlebars

Stand on one foot when you stop

Balance on the bike so you don't fall

Back pedal or squeeze the brakes to slow down

# TAKING BACK YOUR CHOICE

If you feel like you're reacting to a challenge without even thinking about it or making choices about how you react, it's time to come off cruise control. Take back your choices about how you react by **PRACTICING** your reactions before the challenge happens!



The challenge I am practicing for:

I will say this:

I will do this:

Now that you have a plan, you need to **PRACTICE**. Have you ever seen a play where actors take a script and practice lines? This is the way you can practice your reaction. Get a friend or family member to help. Pretend the challenge is actually happening and act it out as best you can. Act it out over and over again. Next time you really face the challenge, see what changes! Never forget, you are incredibly awesome!