

Session 11 Activity

Expressions of Feeling Negative

In today's activity we are going to look at different ways in which people show feelings. It is important to understand that feelings can be positive and make you feel good or they can be negative and upsetting, but there is no "right" and "wrong" when it comes to feelings. They are what they are. Today we are going to practice showing our feelings or noticing if someone else is showing his or her feelings. The video for today's activity will show an example of someone expressing negative feelings. It is up for you to decide which feeling you believe they are expressing.

The possible feelings are: sadness, fear and boredom. In the video the answers will be revealed after the clip of the emotion.

Video number 1 Feeling: _____

Video number 2 Feeling: _____

Video number 3 Feeling: _____

Just as we did in our last session, please take some time now to tell a story about yourself when you were feeling one of these negative feelings.

Today we want to understand ways of dealing with these negative feelings. As we discussed earlier each one of us are different and will process feelings differently, but here are some ways we have learned about in which helps certain people deal with negative feelings:

1. Remember that what you are feeling, you are not alone – Sometimes when we feel a certain type of way, we are worried because we think we are the only ones who feel this way. Know that however you are feeling, you are not alone in that moment.
2. Talk About it – If you are having negative feelings you can go to an adult you trust and say what is bothering you. Adults can offer help because they have much more experience than children.
3. Write about it or do an art project – Expressing yourself can often help you get rid of the worst part you are feeling.
4. Get involved in another activity that makes you feel good – Moving your body around by dancing, playing sports, or listening to your favorite music are often very effective ways to help you feel better.
5. Try to be patient with yourself – things usually improve and it is important sometimes to not always focus on the negative things but be hopeful in the positive ones that may be coming for you.

One activity that you can practice that may help you feel less negative or stressed is a breathing exercise. If you are ever feeling overwhelmed and stressed out try the following and see if it helps:

First lie down or sit on the floor comfortable and close your eyes.

Second take a deep breath and hold it in for a second and then release it.

Do this slow breathing for a few minutes as you relax your body.

Now slowly open your eyes, stand up and move your bodies around.

Hopefully this activity will be able to separate you from your negative feelings and help you move on to more positive ones. This is just one example however so see if you can think of other ways that may help you when you are having negative feelings.

Session 11 Wrap-up

Today we discussed some negative feelings and what it looks like to show these feelings and emotions. Know that these feelings are normal and everyone has them at some point in our lives and it is okay, but it is also good to find ways in which we can deal with these feelings. If you have any negative feelings in the future, we hope you can use some of our suggestions to cope with them. Please take the time now to fill out the session 11 section of your “What I like about me” page.