

## Session 10

### Talking about Feelings

In today's section you will explore different emotions and learn how to identify and express these feelings. We want you to understand that it is normal and expected for all of us to feel a range of emotions. Today's essential question is: How do you express your feelings? Take some time and answer this question below:

How do you express your feelings? \_\_\_\_\_

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## Session 10 Activity

### Expressions of Feeling Positive

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 positive feelings. It is up for you to decide which feeling you believe they are expressing.

The possible feelings are: Happiness, Excitement and Love. 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: \_\_\_\_\_

To conclude today's activity, take the time to pick out a feeling you have seen here today and tell a partner about a time you had those particular feelings. Also ask your partner if they will tell you a story about themselves as well. Remember to practice good communication skills that we learned about in our earlier sessions.

## Session 10 Wrap-up

Today we talked a little bit about feelings and how different people show the way they feel. Each one of us may show our feelings in different ways and that is okay. Never forget that we are all unique in our own ways and this is part of the reasons we are all special. Take some time now to fill out your “What I like about me” page for session 10.