

Student Skill Builder

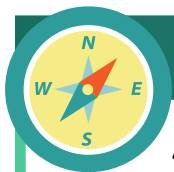
SKILL 1: Identifying and Expressing Feelings

EXERCISE 1: Identifying Feelings



Learning Goals

1. Learn that everyone has feelings
2. Learn why you have feelings
3. Identify the big six of feelings
4. Identify one feeling you have



Orientation

All people have feelings—you, your friends, the people you live with, and even your teachers. Feelings and emotions are always with you but not something you usually think about. Almost like breathing, they are an automatic part of being human. And although you don't usually think about your feelings and emotions, they are important for your health.

Feelings are like stop lights; they act as signals. Feelings can signal danger, like a red light: Stop! Feelings can signal safety and positive experiences, like a green light: Go! Yes! More! There are more than just red, yellow, and green signals. Some believe there are six feelings: happiness, sadness, fear, anger, surprise, and disgust. Scientists may have identified as many as 27 feelings. Feelings can overlap or blend, just like colors in a rainbow. You might have an experience that is both funny and sad or scary but also exciting.

People experience feelings differently. Two people in the same situation can have different feelings, and they may have feelings that seem to not go together. The more you understand feelings, the more you learn about yourself so that you can grow as a person.





Plan Your Route

Identifying your feelings is important for your health and growth. Being able to talk to yourself and others about what you are feeling is an important part of growing up. It also helps you get what you need. Being able to identify your feelings is a skill that helps you become your best self.

Steps: Here are some key steps to identify your feelings.

Step 1: Learn to be self-aware by being your own early detection system. Do you feel your feelings with your body? Do you laugh? Cry? Shiver? Get knots in your stomach? These body feelings can alert you to what is going on with your emotions and can help you in social situations.

Is there any feeling you can recognize as a body feeling? Write or describe a physical sensation you have had that is a body signal for feelings:

Did you realize at the time that your body was signaling an emotional feeling?

YES

NO

Most people have to learn to pay attention to their own bodies. This skill is not something that people are born with. Good job on figuring out this first step!

Step 2: Identify words you can use to label your feelings. You can start with those you probably already know like happy or sad. In fact, most people know and can identify the big six of feelings: happiness, sadness, fear, anger, surprise, and disgust.



Can you name or describe something that gives you these six feelings?

Happiness _____

Sadness _____

Fear _____

Anger _____

Surprise _____

Disgust _____

Great job! Did you know there are many more feelings? Use the space below to list two feelings you have experienced recently. Did you notice any early detection signs? If so, write those down as well.

Feeling: _____

Early detection sign: _____

Feeling: _____

Early detection sign: _____

Learning to identify your feelings is a skill to practice. See if you can match some of the events with how you might feel by writing down a feeling that you think you would have. Bonus if you can name two feelings for any of these.

Event	Feeling
You get a good grade on a test.	
Class starts, and your teacher passes out a test that you forgot to study for.	
You see something unexpected.	
You learn about a troubling time in history.	
You achieve a personal goal.	
You are with a friend.	
You are without a friend.	
A new student arrives at your school, and you are assigned to be the student's lunch buddy for the week.	
You are asked to read a paragraph out loud during class, and there are words in it that you don't know.	
Someone you haven't met before comes up to you and tells you what a good job you are doing.	



A Trail Guide's Story

Tonya thinks she is the only one who feels funny or uncomfortable walking into a large group of people at school. The cafeteria, the gym, even the lines for the bus all make her stomach feel queasy. Everyone else looks like they are feeling fine, but the truth is that everyone has feelings and lots of them. Some students feel excited and happy in big groups, but lots do not. Some feel sad, others might feel some fear, some are surprised, others might feel disgusted. Tonya and her friends may all have different feelings. The feelings are signals. Tonya is nervous, and so she acts cautiously. She realizes that the feeling in her gut is a signal, and she labels that feeling as fear. Her friend Lila loves crowds, and her body signal tells her it is time to have fun. Tonya's self-awareness enables her to ask Lila for help. She could say, "Hey, Lila, this group is not my happy spot, and I am not feeling good about it. Can you stay with me until I relax?" By recognizing her feeling and naming it, Tonya can be more in control, ask for help, and begin to feel better about the situation.



Admire the View

Self-Reflection

Think back on the practice of recognizing and labeling feelings. Was any of this new information for you? Did this seem like something worth considering? How might identifying your feelings help you to become your best self?

Trail Marker

In this exercise, you learned that everyone has feelings. You also learned that feelings serve an important purpose. You practiced naming feelings and learned how your body might experience those emotions. Coming up next on the trail is learning how to express feelings to others.

