

Materials	Paper, markers, other art supplies
Learning Outcome	Demonstrate self-awareness by communicating feelings and formulating strategies to cope with feelings.

## Description

Discuss with the child that learning various ways to express and talk about their feelings supports their self-awareness and their health. Ask them to think about the past few days and name some of the feelings they have had over the course of those days. Talk about strategies they used to cope with their emotions, what was successful, and what they can consider for the next time. Create 5 pouches with paper, decorate or colour them, and label the pouches: *I feel great, I feel good, I feel fine, I could be feeling better, and I am not ok.* Have the child create or decorate something that represents them that fits in the pouches (e.g., a popsicle stick figurine, name art, etc.).

Throughout the day, invite the child to place the item that represents them in the pouch that best represents how they are feeling. After they choose how they are feeling, ask them why they are feeling that way. If needed, brainstorm strategies to cope with how they are feeling. Other family members can create items to represent themselves and place their item in a pouch throughout the day. They can also join in the conversation to identify and talk about their feelings throughout the day.

## Emotional Well-Being Competencies



### THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



### FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



## Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- *Did your emotions change throughout the day? Why or why not?*
- *Do you find it easy to talk about your emotions? Why or why not?*