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| Materials | Craft items to make a mailbox or pouch, small pieces of paper, marker |
| Learning Outcome | Identify and recognize a variety of feelings and discuss ideas for how to address and cope with these feelings. |

Description

Create a mailbox using an old shoebox or create a pouch using construction paper. Cut out small pieces of paper to place in the mailbox.

Throughout the day when the child experiences different feelings, encourage them to write each of the feelings down on one of the papers and put it in their mailbox. Continue to do this throughout the day.

At the end of the day, ask the child to share the feelings in their mailbox and work together to come up with strategies to manage each of those feelings.

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 you experience one feeling more than others today? Why do you think that was?*
- *Do you always experience the same feelings each day? Why or why not?*