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PRESENTS

The Feels

Resource Guide: Lesson 1

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The Feels

Resource Guide

Hello! You and your child are about to embark on a journey alongside Yeti as she meets her Feels and understands what each one needs. In paying attention to the thoughts, behaviors, and physical sensations that Yeti experiences while getting to know each Feel, your child will also begin to build awareness into their own emotional experience. This Resource Guide provides reflection questions to help your child bring home the lessons Yeti wisely offers on her path.

Happy Reading!



Important reminders:

- We *all* have feelings and experience them in different ways.
- There is no such thing as a “bad” feeling.
- What we do with our feelings may be helpful or hurtful.
- Getting to know each of our feelings allows us to notice them before they overwhelm us, accept them, and then make *choices* about our actions.
- Feelings cannot be “solved” or “fixed.” Instead, think of them as friends who want to be heard and understood.
- A difficult emotion from our child does *not mean* we’re failing as parents!
- Each feeling has an important message for us or a job to do, and they guide us in the direction of learning and growing.
- Feelings are not facts. Just because we feel scared, does not mean there is danger awaiting.
- Sometimes, feelings lead to negative self-talk (bad thoughts about ourselves or the world, such as “I’m not lovable” or “I’m bad” or “I’m stupid”), but these are also not true. Our brain creates thoughts alongside tough feelings, but we can choose to redirect our focus to helpful thoughts instead (“I can get through this. I’m safe. I am loved always”). We can also use an affirmation like Yeti does in *The Feels*:

*I take a deep breath, I feel it go in,
then breathe out, and my feet sink in.
Arms up like the mountain, feet grounded below
I’m ready to look inside, I’m ready to know.*

- Sometimes we make mistakes and do hurtful things while having a big feeling. *Everyone does this from time to time!* By choosing to be kind to ourselves, using our coping skills, talking it through with a trusted adult, and repairing any harm done, we can make a different choice next time.

This all takes practice and can be modeled by the adults in a child’s life!

Meet Scared

Five Facts about Fear:

- Being scared is a way our brains and bodies help keep us feeling safe
- People of all ages can get scared
- Some scared feelings are instinctual, and others are learned
- Being scared does not mean you are in danger
- The more scared you feel, the scarier things will seem



Questions for Reflection:

1. Is it okay to have a Scared feeling?
2. Yeti listens to her body for clues about how she is feeling. What does she notice?
3. What does Yeti notice around her when she enters Scared Feel's cave?
4. What coping skills does Yeti use to help her talk to Scared Feel?
5. What is Scared Feel's important job in Yeti's life?
6. What did Scared Feel need to help calm down and become more peaceful?
7. What things or situations make your Scared Feel come around?

8. How does your own Scared Feel help you?
9. What physically happens to your body when Scared Feel is in charge?
10. What kind of thoughts do you think when Scared Feel is in charge?
11. What words would you like to hear when you're feeling Scared?
12. What activities help you when you're feeling Scared?

Activity:

Ask your child to draw a picture of their Scared, and then create a calming scene around Scared, such as a favorite place or special people and activities.



My Scared Feel

This is what my Scared Feel looks like:

This is what a calm, safe place for my Scared Feel looks like:

When I meet my Scared Feel, one way I take care of them is:

Another way I can take care of them is:

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