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PRESENTS

# The Feels

Resource Guide: Lesson 2

by Kelly Oriard and Callie Christensen



# 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 Mad



## Questions for Reflection:

1. What happens when Yeti meets her Mad Feel?
2. What does Yeti notice in her body when Mad yelled at her?
3. What do you notice in your body when you feel Mad?  
*(Child can circle)*

Wanting to hide or run away	Fast breathing	Hands in fists	Stomping feet
Body or hands shake	Raising voice or yelling	Face turns red	Scowl or make an angry face
Crying	Getting quiet	Mind goes blank	Can't focus

4. Is it okay to have a Mad Feel?
5. What things makes your Mad Feel come around?
6. What coping skills does Yeti use to help her Mad Feel become smaller?
7. What activities would help your Mad Feel? *(Child can circle)*

Count to 10 in your head	Squeeze a ball	Talk to someone about your problem	Do a dance or wiggle
Do a Mountain Breath or another favorite	Sit in a quiet place alone	Color, draw or write	Rest
Say kind words to yourself	Listen to music	Cuddle with a pet or someone I love	Imagine a special place or memory

## Helpful tips for Parents:

- Name that your child is feeling Mad and verbalize some of the reasons this could be: *“I see you’re mad. You really wanted to use that toy or have an ice cream...”*
- Allow Mad to release through a safe activity rather than trying to “calm it down.” Instead, use simple sentences to model “calm” for your child: *“You are safe. You can get through this. I understand why you feel angry. I can’t let you hit me, but you can hit this pillow instead.”*
- Wait to problem solve until after your child has regained composure.



# My Mad Feel

This is what my Mad Feel looks like:

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

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

Another way I can take care of them is:

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