

MY FEELINGS PLAN

I *feel* uncomfortable feelings in my body. These are called physical sensations. If I pay attention to these, I can "catch" my feelings quick to take care of them.

Which of these do you feel in your body when you are **ANGRY**?

☒ CAN'T THINK STRAIGHT ☒ MUSCLES TIGHT ☐ FACE HOT

Which of these do you feel in your body when you are **WORRIED**?

☒ HEART POUNDING ☒ BUTTERFLIES IN MY STOMACH ☐ BREATHING FAST

Which of these do you feel in your body when you are **SAD**?

☒ HEAVY LIKE AN ELEPHANT ☒ MOVING SLOW LIKE A TURTLE ☐ SLEEPY

FEELINGS IN MY BODY **3**

MY FEELINGS PLAN

Name: _____

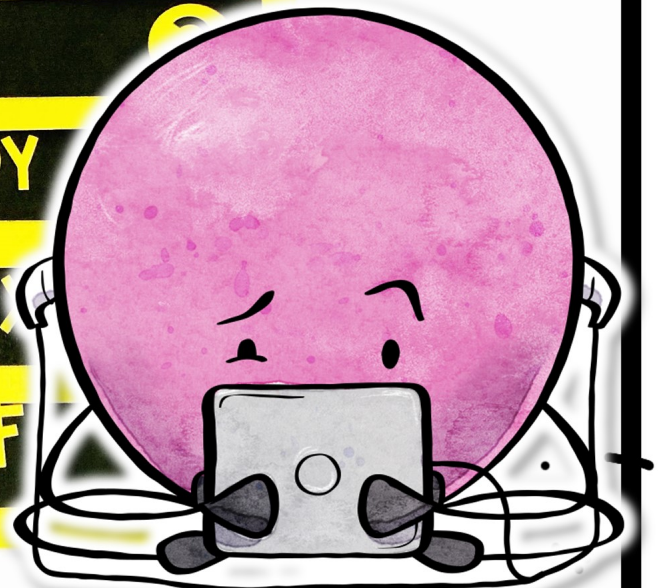
SO MANY FEELINGS **1**

MY TRIGGERS **2**

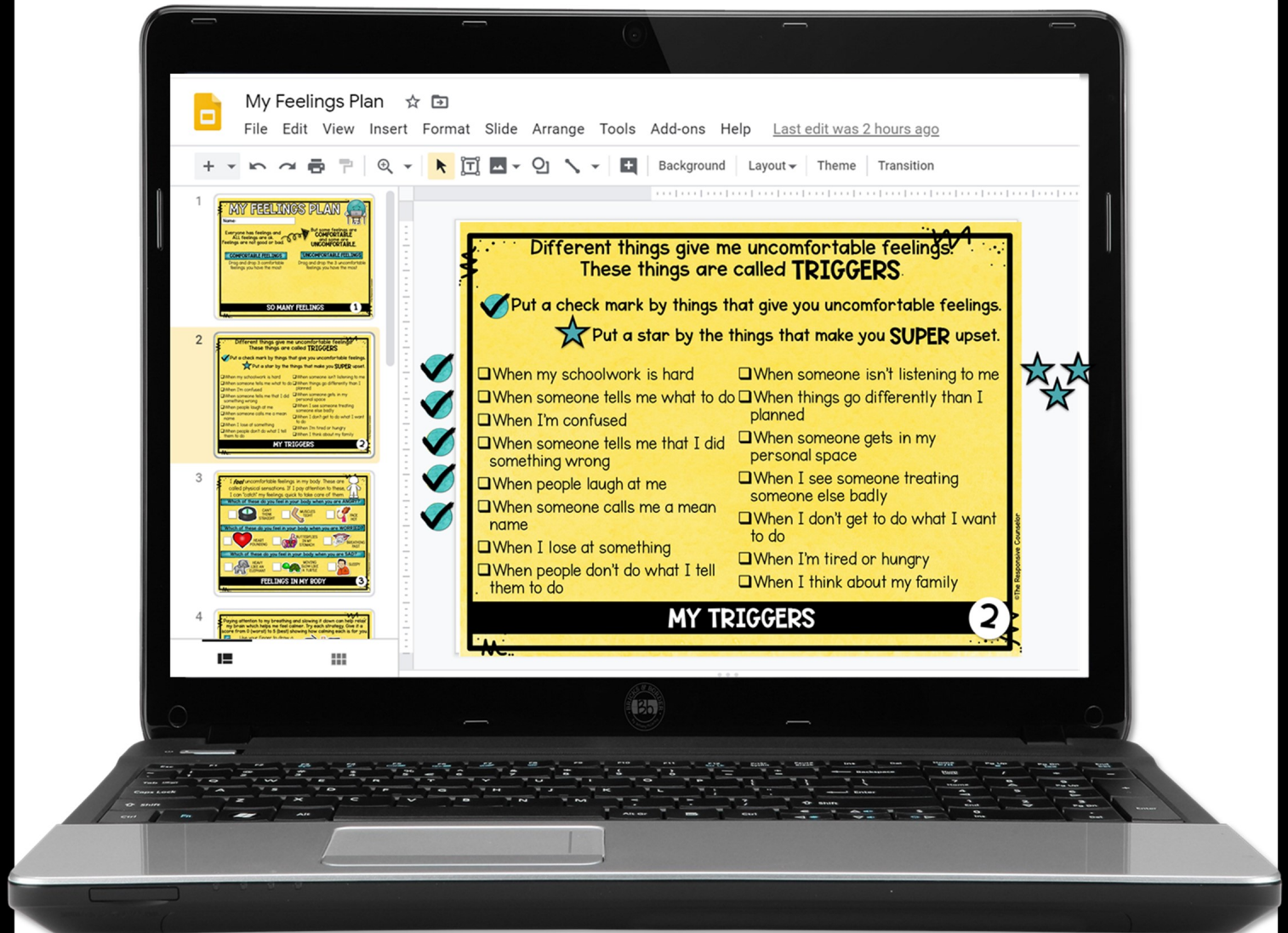
FEELINGS IN MY BODY **3**

GETTING CALM & RELAXED **4**

TALKING TO MYSELF **5**



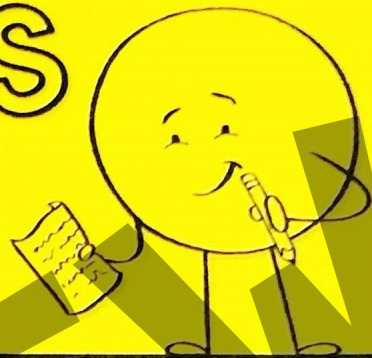
Do you need this in a digital format?
I have this on google slides, just click (or
copy and paste) the link provided.



You can do this “live” with students – video
chatting with them and screen sharing. Or,
you can “assign” it to them to work on
independently or with their parent. It
includes some drag and drop as well as
some typing into text boxes.

MY FEELINGS PLAN

Name: _____



SO MANY FEELINGS

1

MY TRIGGERS

2

FEELINGS IN MY BODY

3

GETTING CALM & RELAXED

4

TALKING TO MYSELF

5

Everyone has
feeling and ALL
feelings are ok.

Feelings are not
good or bad.



But some feelings are
COMFORTABLE
and some are
UNCOMFORTABLE.



COMFORTABLE FEELINGS

UNCOMFORTABLE FEELINGS

SO MANY FEELINGS

1

MY TRIGGERS

2

FEELINGS IN MY BODY

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Different things give me uncomfortable feelings.
These things are called **TRIGGERS**.

Put a check mark by
things that give you
uncomfortable feelings.



Put a star by the
things that make
you **SUPER**
upset.

- | | |
|---|---|
| <input type="checkbox"/> When my schoolwork is hard | <input type="checkbox"/> When someone isn't listening to me |
| <input type="checkbox"/> When someone tells me what to do | <input type="checkbox"/> When things go differently than I planned |
| <input type="checkbox"/> When I'm confused | <input type="checkbox"/> When someone gets in my personal space |
| <input type="checkbox"/> When someone tells me that I did something wrong | <input type="checkbox"/> When I see someone treating someone else badly |
| <input type="checkbox"/> When people laugh at me | <input type="checkbox"/> When I don't get to do what I want to do |
| <input type="checkbox"/> When someone calls me a mean name | <input type="checkbox"/> When I'm tired or hungry |
| <input type="checkbox"/> When I lose at something | <input type="checkbox"/> When I think about my family |
| <input type="checkbox"/> When people don't do what I tell them to do | |

MY TRIGGERS

2

FEELINGS IN MY BODY

3

GETTING CALM & RELAXED

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5

I **feel** uncomfortable feelings in my body. These are called physical sensations.

If I pay attention to these, I can "catch" my feelings quick to take care of them.



Body Feelings Key

Use these colors to show where in your body you feel these emotions.

SAD ☐

WORRIED ☐

ANGRY ☐

How does your head feel?
Your hands? Your muscles?
Your heart? Your stomach?

This is what happens in my body when I have those feelings:



FEELINGS IN MY BODY

3

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Paying attention to my breathing and slowing it down can help relax my brain which helps me feel calmer. Write in your own breathing affirmation and try each strategy. Add a star to your favorite.

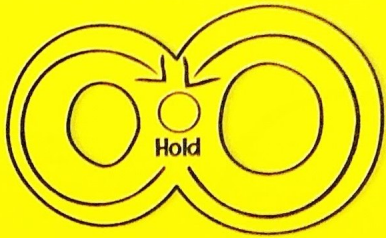
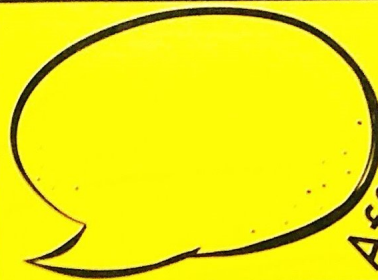


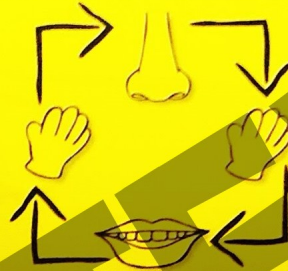
Figure 8



Affirmation



5 Finger



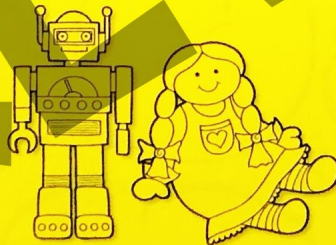
Square

I can also relax my body by making my muscles tight then loose.

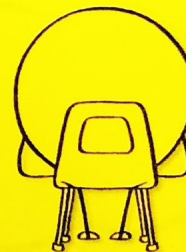
Rank these three strategies from most helpful (1) and relaxing to least helpful and relaxing (3).



Press your hands together. Hard. Then let go and wiggle your arms. Repeat.

☐


Pretend to be a robot. Tighten all your muscles. Hold and count to 3. Now relax like a ragdoll.

☐


Push your hands on your chair like you're trying to lift yourself up. Let go and get loose. Repeat.

☐

GETTING CALM & RELAXED 4

TALKING TO MYSELF

5

All day long, there are thoughts going through our minds.
Sometimes these thoughts are really unhelpful and make us feel worse.
These are some things I think that make me feel bad:



I can take care of my feelings and help myself feel better by using **POSITIVE** self-talk. This means talking to myself and saying nice, helpful things. These are some things I will tell myself:





Sometimes it can be easier to just let your UNCOMFORTABLE feelings take control of **YOU** instead of **YOU** taking control of **THEM**.

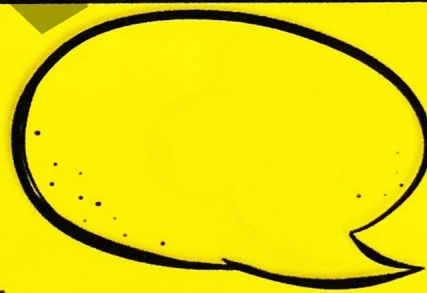
What are **three reasons** you have to use this feelings plan? Why do you want to take control and take care of your feelings?
What **GOOD** things might will happen once you do it?

1

2

3

Sometimes when my feelings are super strong, I might need help from an adult. Here's who I can ask for help: _____



And here is what I can say to them:



WHY? + GETTING HELP

6

the RESPONSIVE counselor



Hey y'all! I'm Sara. I create resources for elementary students, counselors, and teachers that improve social emotional learning and classroom culture. My focus is making things that are *effective* and *engaging* for WIGGLY + CHATTY learners and that utilize wording and scenarios accessible to underserved and ELL populations.

Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling and
Clinical Mental Health

Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I have been an elementary school counselor since 2012, providing a comprehensive school counseling program to a diverse population.

Let's
Connect:

