



What Am I Feeling? (🌈 An Emotional Health Story) (Kindergarten – 5-6 yrs)

The story introduces emotional health to younger children. The focus is on identification of emotions and understanding how our emotions affect how we “see” the world.

- 🌈 We all have emotions and being able to recognize them in ourselves and in others is what makes up our emotional intelligence.
- 🌈 The emotions we have can change the way that we see the world around us.
- 🌈 We can change how our emotions make us “feel”.

🌈 SLIDE #1 - INTRODUCTION:

Good Morning (Afternoon)!

My name is _____ and I (describe who you are and give your relation to neuroscience – ex. you are a Neuroscientist, you study neuroscience, you have a friend that is a neuroscientist or you have recently been learning a lot about neuroscience).

Neuroscience, that’s a really big word! But, a neuroscientist is a person who knows a lot about the brain.

I am here today to talk to you about how you can help to make your brain healthy – feeling good. It is REALLY easy and anyone can do it.

I love to talk about Brain Health because it’s SPECTacular!!! SPECTacular means “GREAT”. When your brain is SPECTacular, you are a happy and healthy person.

This story is about Emotional Health – which is the E in SPECTacular. Emotional Health helps your brain stay healthy when you understanding about how you “feel” – your emotions.

There are lots of emotions. Being happy, sad, surprised, disgusted or mad. These are all emotions.

Understanding that we have emotions and how we control our emotions is very important to making our brain healthy.

When you understand your emotions and learn how to control your emotions, that makes your brain healthy.

So, let’s see how you can keep your brain healthy.

🌈 SLIDE #2 – WHAT AM I FEELING?

Today we are going to see how answering a question can make us understand things about ourselves and about others.

In this story, we are going to talk about feelings. The story is titled “What am I Feeling?”

SLIDE #3– WHAT ARE FEELINGS?

The first thing that we need to know is “what are feelings?”.

Usually when we talk about “feeling” something, we are usually talking about things that we can touch with our hands.

Our hands give us information about things we can touch.

We can close our eyes and touch things – feel them – to try and figure out what is out there in the world.

If we touch a cactus, it would be sharp.

If we touch water, it will be wet.

If we touch a dogs nose, it will be cold.

And, we can even reach down and touch our toes.

SLIDE #4 – HANDS CAN FEEL

If you closed your eyes and I put a ball in your hands, your hands would tell your brain that it was holding something round.

Because balls are usually round you might guess that the thing that I gave you to hold was a ball.

Your hands can feel the ball – but, your hands do not have “feelings”.

We can **feel** something with our hands, but “feelings” are not something that we can touch.

A blanket is soft, a rock is hard, and water is wet.

These are things that we can feel with our hands, but these are not “feelings”.

SLIDE #5 – EMOTIONS

Feelings are also called **emotions**.

We do not feel emotions with our hands.

We feel emotions in our brains and in our bodies.

SLIDE #6 – FEELINGS

Ok...let’s say that you are hungry and I give you a snack.

QUESTION: How would you feel?

You would feel happy.

QUESTION: Could you “feel” that you are happy with your hands?

No. But, something inside your head and your body would feel good – right?

Your face may even have a smile on it.

So, even though you cannot “feel” that you are happy with your hands, your brain and your body know that you are happy.

And, because of the smile on your face other people may also know that you are happy.

SLIDE #7 – FEELINGS

So, being happy is an emotion, a feeling that you can have.

QUESTION: What are some emotions, feelings, that you have had before?

There are actually lots of emotions - feelings.

Let’s talk more about 3 of our feelings - happy, sad and angry (or mad).

SLIDE #8 – HAPPY, SAD AND ANGRY

We have lots of feelings and we feel them at different times.

We feel happy when a good thing happens.

I feel happy when I get to spend time with a friend.

QUESTION: What is something good that has happened to you that made you feel happy?

Those things would make me feel happy too.

We feel sad when a bad thing happens.

I felt sad when my friend has to go home and we cannot play anymore. (It is hard to play on a seesaw all by yourself!)

QUESTION: What is something bad that has happened to you that made you feel sad?

Those things would make me feel sad too.

We feel angry when something happens that we do not like or think is fair.

I feel angry when my favorite football team does not win the game I was watching on tv.

QUESTION: What is something that makes you angry?

Those things would make me feel angry too.

So, we can feel happy or sad or angry when different things happen.

SLIDE #9 – EMOTIONS & BEHAVIORS

Emotions can make us behave in certain ways.

When you are happy, you may smile a lot, you may like to sing, or hug someone.

When you are sad, you may cry, you may want to be alone, or you might need to hug someone.

When you are angry, you may scream and yell, you may pout, or you may want to be alone.

It is important to know that different people behave differently when they are happy, sad or angry...and that is ok.

SLIDE #10 – YOU CAN FEEL A LOT OF EMOTIONS

Your emotions can also make you feel different, and it is important to understand why you feel different.

Let's say you are going to a friend's birthday party.

You are excited about going to the party, so you can be with your friends. Plus, you know there will be cake – and you love cake.

The day of the party arrives and suddenly you feel sick – that means you cannot go to the party.

Not only do you feel sick, but you also may feel sad or angry.

It is ok to feel all of those things, but you need to understand why you feel sad and angry.

You may feel sad because you will not be able to play with your friends or wish your friend a happy birthday.

You may feel angry because you won't get cake – and you love cake.

If you understand what emotions you are feeling, you can let others know.

SLIDE #11 – TALK TO OTHERS ABOUT HOW YOU FEEL

Letting other people know how we are feeling is also important.

It is important to let other people know how we are feeling, so they can understand why we are behaving the way that we are behaving.

Because you are sad about not being able to see your friends, you cry. Other people do not know why you are crying and they worry about you – they think maybe you are really sick. You should tell them why you are crying. Then maybe you can see your friends again when you are feeling better.

Because you are angry about not getting cake, you may be mean to other people. That's not a good way to behave because the other people may feel like you are angry at them. You are not angry at them, you are angry because you cannot have cake.

If you let other people know, then maybe you can still have cake.

SLIDE #12 – OTHER'S FEELINGS

Understanding other people's emotions is also important.

If you understand how other people are feeling, then you can better understand why they are behaving the way that they are behaving.

If you see your friend and they look angry, you might not know why and you may think they are angry at you.

But, it may be that your friend is angry because someone took their lunch.

Your friend may be angry because not only did someone take his lunch, but your friend did not have time for breakfast and so he is really hungry.

You need to understand this and maybe offer to share your lunch.

SLIDE #13 – FEELING GLASSES

When you have feelings, they can change the way that you see the world. We can think about this as having “feeling glasses” on.

If you are feeling happy – this is like putting on your “happy glasses” - then you “see” things more positively.

If you are feeling sad or angry – this is like putting on your “sad or angry glasses” - then you may “see” things more negatively.

SLIDE # 14 – FEELINGS CHANGE HOW WE “SEE” THE WORLD

We can change our “feeling glasses” and this will change how we see the world.

Let’s say you have to do your homework. You may feel differently about having to do your homework depending on how you are feeling – or which “feeling glasses” you have on.

If you are feeling happy, then you have your “happy glasses” on. You may be happy to do your homework because you know that when you are finished your homework you will be able to play.

If you are feeling sad or angry, then you have your “sad or angry glasses” on. You may be sad or angry while you are doing your homework because you know your friends are playing and you cannot play with them until after you finish your homework.

Since homework is something that we all have to do, it is much better to be happy when you are doing it. You usually do things much better when you are happy.

SLIDE #15 – SMILE

There is a reason why putting a smile on your face, even when you are not feeling happy is a good thing to do. Plus, you when you are feeling sad or angry, putting on your happy glasses will make your brain healthy.

Scientists have found that when you are feeling bad, putting a smile on your face actually makes your brain feel better.

If you are feeling angry or sad, it is good to know that and then to try and change the way you are feeling.

It is much better to try and be happy – because this makes the world seem like a better place.

Trying to be happy also helps you to do things that you might not be able to do if you were sad or angry.

SLIDE #16 – THINK ABOUT HOW YOU ARE FEELING

Trying to figure out why you are feeling the way that you do is important.

When you were angry because you could not go to your friend's birthday party because you were sick, you may have been angry because you couldn't have cake. But, you may also have been angry because you were going to miss playing with your friends.

If you think about why you are angry, then you can ask others to help you. Either they can save you cake from the party or you can play with your friends when you feel better.

Again, if you understand your feelings you can deal with the situation that is causing them.

It is just as important knowing what makes you happy as it is knowing what makes you sad or angry.

People who understand their own emotions and others tend to have healthy brains.

SLIDE # 17- CONCLUSION

Thank you all for letting me talk to you about your feelings (emotions).

I have enjoyed spending time with you today talking about the brain. I hope that you have had some fun and learned something about your brain.

REMEMBER, understanding your own emotions – or why you are feeling a certain way – is important. It is also important to understand what other people are feeling. While we cannot be happy all the time, trying to be more positive in how we are feeling will help us to see the good things that are in the world. Understanding what you are feeling will make your brain healthy. And, we all know that helping your brain stay healthy is SPECTacular.

THANK YOU SO MUCH FOR ALL OF YOUR HELP!!! Brain Health is not just SPECTacular...it is FUN!!!