

# Lesson 2 Facilitator Guide

## Everyday Feelings and Overwhelming Feelings

### Coping Skills

#### **Facilitator Guide Lesson 2:**

#### **Everyday Feelings & Overwhelming Feelings**

**Slide 1-2: Facilitator says** *“Today we are going to talk about mental health and feelings. We are going to talk about everyday feelings like happiness, sadness, being disappointed, or frustrated. We are also going to talk about overwhelming feelings like loss, grief, despair, rage, or loneliness. Everyday feelings come and go and are a normal reaction to what happens in our daily lives. Overwhelming feelings hang around for a long time, change the way we feel and behave, and may stop us from doing what we enjoy.”*

#### **Slide 3: Feeling Thermometer**

**Facilitator says:** “The feelings thermometer is a tool that helps us measure the intensity of our feelings or emotions. As we climb up in temperature, from green to yellow to red on the thermometer, our feelings become more uncomfortable.”

**Facilitator asks:** “How can we explain everyday feelings and overwhelming feelings using this thermometer?”

Facilitator invites the group to identify and share where they are on the feelings thermometer. Please inform the kids that this is not a required exercise and that they do not have to participate if they feel uncomfortable.

Consider connecting to other influences. This is a great opportunity to explain how music, movies, other media, etc. influence feelings. If we know a song makes us sad/angry, we can be aware of that when we may be having an overwhelming feeling vs. a song that makes us feel peaceful/calm.

#### **Slide 5: Show video.**

**Facilitator prompts** the kids to be on the lookout for everyday feelings and overwhelming feelings in the characters, Sasha and Andre.

#### **Slides 6-9: Discussion questions** *(expected responses italicized)*

- How are the feelings that Sasha and Andre are feeling different?
  - *Sasha has everyday feelings, Andre has overwhelming feelings.*
- What does Sasha do to cope when she is feeling really stressed?
  - *She talks to her mom, takes a break*
- Who does Andre talk to about his overwhelming feelings? Who is Andre’s Trusted Adult?
  - *He talked to his teacher*

- Overwhelming feelings can be difficult to admit or talk about. What made it difficult and stressful for Andre to talk about his mental health or to ask for help?
  - *He didn't think his friends would understand.*

**Slides 10-11: What stands in the way of good mental health?**

**Facilitator says:** "What stands in the way of good mental health?" *Expected response: Kids will likely offer many ideas; Facilitator should guide the kids to "unmanaged stress" as one thing that can get in the way of good mental health. "What might too much stress do to our bodies?" Expected response: stomach aches, headaches, sweaty, shaking, heart beating fast, sickness "When do you know that you are stressed? What does it feel like in your body? Facilitator can share their stress response (i.e. stomach aches, tight shoulders) to prompt student responses.*

**Slide 12: Too much stress can lead to overwhelming feelings**

**Facilitator says:** "Stress is a normal part of life, it helps motivate us to get things done and do our best. BUT too much stress can cause problems for our bodies and our minds. Too much stress can lead to overwhelming feelings and so we need to be able to recognize when we are feeling stressed and we need to respond to that in healthy ways.

**Slide 13: Low Battery**

**Facilitator says:** "Like a phone or other electronic device, people need to recharge, too. Just like a phone, if we don't charge up (or take care of ourselves), we don't work as well. Sometimes that charge is just enough to get us through (like plugging in your phone to finish a game) and sometimes that charging is a total reboot (like charging your phone all night long). When people use coping strategies, it's just like charging a phone! It's best to keep yourself (and your phone) in the green, we sometimes dip to yellow and even sometimes to red. We want to be in the green and we should use coping strategies to keep us there. As you work today, see if you can figure out what "coping strategies" are!"

**Slide 14: Coping Skills**

**Facilitator says:** "Coping means to face and deal with responsibilities, problems, or difficulties in a calm, appropriate and successful manner. We use coping strategies sometimes without paying attention. It is what we do to make ourselves feel better when we are upset. Coping helps us tackle our problems and find solutions like asking for help or processing strong feelings for difficult situations we cannot change.

**Facilitator says:** "Remember Sasha and Andre? What did they do to cope with their feelings?" *(Expected response: talk to trusted adult, take a break, hang out with friends, do something that you enjoy, exercise, talk to a friend) Why did what worked for Sasha not work as well for Andre (Expected response: because Andre's feelings were overwhelming/more severe; what works for one person may not work for another person).*

Optional Extension Activity: [Coping Stations Activity](#)