

# Bowl Full of Feelings

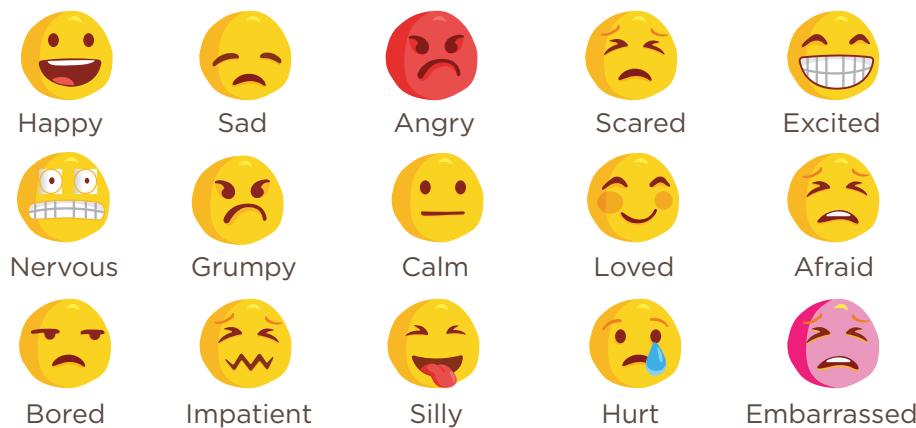


Every day we have a variety of feelings. Sometimes they are strong, and we feel them very fully. Other times, we barely notice them. Many times, we have more than one feeling at once. Learning how to identify and talk about our feelings can help others understand our wants and needs. This makes us great problem solvers. Let's get intentional about talking about our feelings!

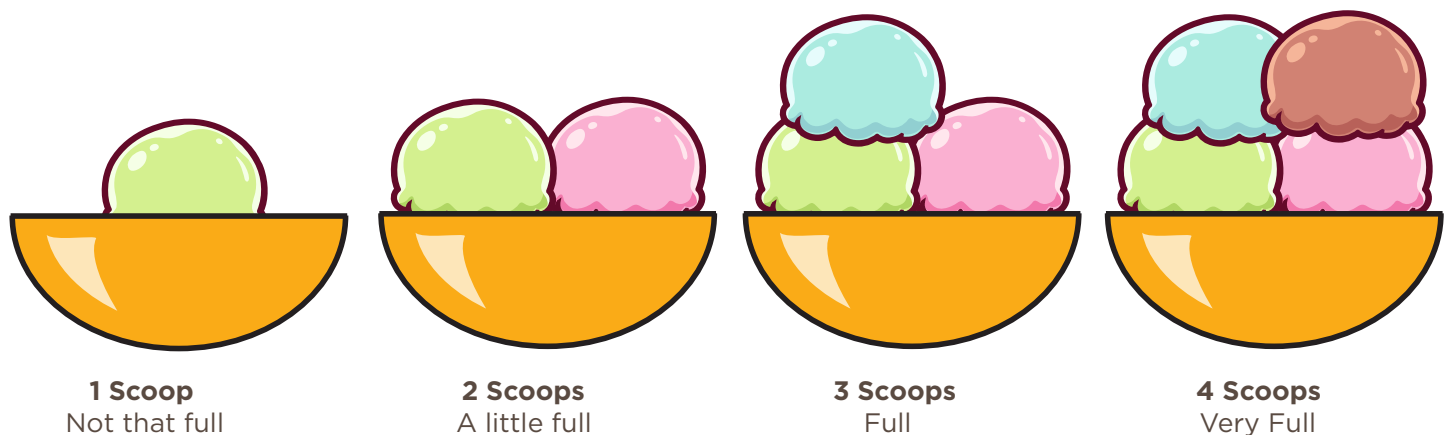
## Try This:

Right now, I feel \_\_\_\_\_.

These are just a few of many feelings, if you don't see one that makes sense, draw your own:



Use the bowl and ice cream scoops to help others understand how full you are of your feelings. Right now, how full is your bowl of this feeling?



It's ok to have more than 1 feeling, even if they are very different. Sometimes we might have 1 scoop of happy and 1 scoop of worry at the same time.

# Let's Process:

Are you feeling too full of your feeling? Not full enough?

Are there times when you remember when you felt too full, or not full enough?

How can you ask for help if you are needing more scoops? Less scoops?

What are some strengths you might use to add or subtract from your bowl? \_\_\_\_\_

What mindful practices do you know that can help you feel just right? \_\_\_\_\_

## Create Your Own Bowl:



## Family Follow Up:

Intentional talk about feelings helps us understand each other. All feelings are important. It is how we manage our feelings that is helpful or hurtful. Naming feelings can help us release emotions, rather than holding emotions in. This creates better communication, understanding, and problem solving.

## Try This:

Use this tool to help your child explore and talk about feelings every day this week.