

Children's Connection Curriculum

Session Topic: Social Skills/Interactions (Creating a Feelings Sandwich)

Developmental Level: Elementary

Purpose: A fun way to talk about Feelings by creating a menu of feelings and what you can do with them.

Materials Needed: Examples of menus, paper, pencils, markers

Description of Session: Talk with students about what a menu is and how you can order things that you want on the menu. Share about how there are things in the menu that you may not like either and will not order them. Encourage students to think about a feeling and how they should express that feeling and how they may express that feeling, which is not a safe way. Have student then create a menu with the items they need to create a healthy way to handle a certain feeling in making a sandwich. For example, the bread may be their parents that are a support to them. The meat may be their thoughts. The cheese may be their room where they go when they are angry. Etc. If time have student create the menu as well that they can take with them to remind them how they want to make their sandwich. Have students share their ideas.

Discussion Questions:

1. What are healthy ways to express (feeling)?
2. What are unhealthy ways to express (feeling)?
3. What are things you need to help you express your feelings safely?
4. What are some things that are not helpful for you to express your feelings?
5. Share about how your sandwich is the way you can remember to get the things you like and need to express your feelings safely.

Reference: Children's Connection Counselors