

Children's Connection Curriculum

Session Topic: Feelings throughout my body (Self-Esteem)

Developmental Level: Elementary and Middle School

Purpose: To help students to understand where in their bodies they may feel different feelings both at home and at school

Materials Needed: Two body outline worksheet, pens/pencils/markers

Description of Session: Share with the students about the different types of feelings there are. Provide examples such as happy, sad, mad, scared, excited, worried, embarrassed, confused, etc. Discuss with them things/people/places that cause them to have these different feelings. Ask them if they have noticed if they can feel different feelings within their bodies. Identify a color for each of the four basic feelings, happy, sad, mad, scared. Have the students think and/or share about a time they felt once of these feelings. Provide the worksheet to them and have them label above one body "home" and above the other body, "school". Encourage them to then draw on the body outline where they felt that feeling in their body when they were at home and when they were at school. Validate that they may not have felt that feeling depending on where they were at. Follow with the remaining feelings. Have a discussion from the results the students created on their papers. Looks for similarities between students, between home and school, etc. Encourage students to share if there are other feelings that they may add.

Discussion Questions:

1. What are different types of feeling?
2. What things/people/places cause you to have different feelings?
3. Where in your body do you feel those feelings?
4. Do you notice you have different feelings at home or at school?

Reference: Children's Connection Counselors