

Children's Connection Curriculum

**Session Topic:** Self-Esteem Feelings (Feelings Grab Bag)

**Developmental Level:** Middle School

**Purpose:** To increase awareness of one's own and others' emotions. To practice identifying and reflecting feelings.

**Materials Needed:** grab bag, slips of paper with variety of feelings on them

**Description of Session:**

1. Pass the grab bag full of feelings around the group. One student at a time pulls a feeling out of the bag.
2. The first student acts out the feeling in front of the group, while other members try to guess the feeling.
3. Once the feeling is guessed, the student tells about a time that he or she has felt that feeling. If time allows, you can ask other group members to share a time they have felt that way as well.

**Discussion Questions:**

1. Which feelings are the easiest to express? The hardest? Why?
2. Which feelings are more difficult to talk about? To guess?

Reference: Waterman, J. and Walker, E. (2009). *Helping At-Risk Students*. New York: Guilford