

## Lesson One: Looking at our feelings

**Aim:** To encourage young people to identify what feelings are and the importance of recognizing and responding to these in a healthy way.

1. The young people are asked what they believe feelings are (feelings can be described in one word and they come from inside you). They are then asked to compile as comprehensive a list of feelings as possible. This could be done in groups or alternatively each student is invited in turn to come to the front of the group and write a feeling on the board.
2. Make the point that we are not robots and what we experience in life affects our feelings and emotions, e.g. we pass our exams and feel relieved; we miss the last bus home and feel annoyed.
3. It is healthy to talk about our feelings, regardless of whether they are positive or negative. Some people find this easier than others, e.g. it is generally thought that girls are more likely to talk about their feelings amongst each other than young men. A male might find it easier to express their pleasure about their team winning the football than indicate if their mood is low! You may wish to ask why this is so?
4. Divide the young people into groups and within each group distribute a set of 'Hard/Easy' cards (see below). Each group should have one 'Hard' card, one 'Easy' card and a number of 'feelings' cards. Each group is asked to make two lists, one of feelings they regard as being 'harder' to talk about, and the other of feelings they regard as 'easier' to talk about. There are obviously no right or wrong answers. Get feedback from the groups.
5. If time permits, provide each group with another set of cards listing various people one could talk to about their feelings (counsellor, teacher, etc...see overleaf). Ask them to divide up the feelings cards into lists as to whom they might regard as the best person to talk to about those feelings.
6. Make the point that most feelings are very healthy and normal to have. Feelings play a large part in how we deal with the experiences that life throws at us and therefore they can have a negative or positive effect on our behaviour. Mental health problems can arise when we are not in touch with our emotions and when we find we are unable to express them appropriately.
7. A word search is provided which some younger students may enjoy.



**Hard**

**Easy**

Scared

Tired

Angry

Rejected

Bored

Jealous

Aggressive

Fed-up

Down

Happy

Lonely

Bored

Sexy

Powerful

Confident

Miserable

Depressed

Impatient

Positive



Close Friend

Doctor

Parent/Carers

Stranger at the bus stop

Class/Work Mates

Counsellor

## The Feeling Finderword search

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Can you find these feelings that the Feeling Finder has hidden?

- |            |          |         |          |
|------------|----------|---------|----------|
| Happy      | Angry    | Afraid  | Scared   |
| Grumpy     | Tense    | Anxious | Unhappy  |
| Worried    | Wound up | Sad     | Uptight  |
| Depressed  | Calm     | Tearful | Excited  |
| Relaxed    | Guilty   | Ashamed | Insecure |
| Frightened | Nervous  | Hurt    | Confused |
| Upset      | Mad      |         |          |

N	H	C	J	H	G	F	D	S	E	W	T	Y	U	N	F	C
H	A	N	G	R	Y	M	M	L	Q	U	P	T	I	G	H	T
C	P	W	R	K	F	B	D	I	A	N	G	F	F	X	Z	E
O	P	G	U	I	L	T	Y	N	P	H	M	N	N	G	F	A
N	Y	T	M	T	F	X	Z	S	C	A	R	E	D	S	W	R
F	E	Y	P	V	T	Y	T	E	S	P	I	R	Q	E	R	F
U	F	H	Y	N	E	L	P	C	T	P	R	V	G	J	K	U
S	D	F	G	H	N	P	R	U	G	Y	F	O	V	B	N	L
E	A	J	H	J	S	A	D	R	H	I	R	U	G	H	F	W
D	N	N	U	K	E	Y	E	E	J	K	G	S	M	K	R	D
F	X	B	R	A	D	Y	P	S	K	C	F	F	A	J	I	F
W	I	V	T	F	R	H	R	E	L	A	X	E	D	H	G	G
H	O	C	B	R	F	H	E	D	X	L	W	Q	U	L	H	H
J	U	U	B	A	V	A	S	H	A	M	E	D	P	O	T	Y
K	S	P	N	I	V	B	S	H	S	Z	S	X	T	Y	E	T
M	D	S	W	D	N	V	E	X	C	I	T	E	D	M	N	R
N	F	E	P	V	U	L	D	K	J	L	A	Z	P	L	E	Y
R	G	T	D	C	Q	P	O	W	O	R	R	I	E	D	D	J