



Educator Guide: Facts about Feelings Lesson

Recommended for Grade:

6th

Time:

1 minute

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Lesson Description:

This lesson presents the facts about feelings. It will help students differentiate fact from fiction and will help normalize what they may be feeling as they go through adolescence.

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Facts about Feelings Lesson. You may choose to use this list in any way that fits your needs.

- Emotion – a feeling such as happiness, love, fear, anger, disappointment, excitement, etc.
- Emotional awareness – the skill of identifying what you're feeling and why



Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



Mental Health Resources for Families and Educators

988 Suicide & Crisis Lifeline, call 988 or 988lifeline.org

Anxiety and Depression Association of America, adaa.org

Centers for Disease Control and Prevention (CDC), cdc.gov/childrensmentalhealth/

Children and Adults with Attention-Deficit Hyperactivity Disorder, chadd.org

Children's Wisconsin, childrenswi.org

Children's Wisconsin Shine Through, <https://shinethrough.childrenswi.org/parents>

The Institute for Child and Family Well-Being,
<https://uwm.edu/icfw/tools-and-resources-3-2/>

KidsHealth, kidshealth.org

Mental Health America, mentalhealthamerica.net

National Alliance on Mental Illness (NAMI), nami.org

National Institute of Mental Health (NIMH), nimh.nih.gov

Wisconsin Department of Public Instruction (Student Services/Prevention and Wellness), dpi.wi.gov/sspw/mental-health



Transcript

Slide 1

Feelings can get pretty complicated, especially as you get older. Let's take a look at some facts so they don't seem so overwhelming.

Slide 2

Most of us experience a lot of different feelings that come and go each day. And these feelings can be more or less intense, depending on the situation.

Slide 3

There are no right or wrong feelings, but there are healthy and unhealthy ways of expressing them.

Slide 4

Feelings have always been a part of you. But you may have noticed that your feelings, or emotions, have been changing lately.

Slide 5

As you get older, you get better at identifying what you're feeling and why. This skill is called emotional awareness.

Slide 6

Check out the adolescence and ways to express and manage feelings videos to learn more!

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