

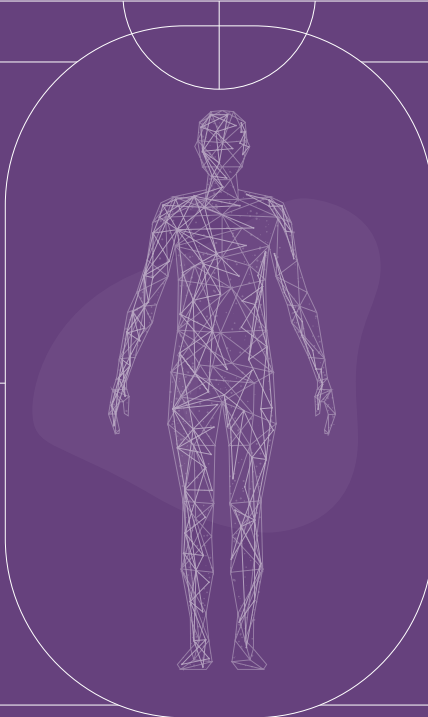
SEL ACTIVITY:
BEFRIENDING FEELINGS

CREATED IN COLLABORATION WITH THE HENDRICKS INSTITUTE (HENDRICKS.COM)

Use this with your students to process and get present with the emotions you are feeling.

CHOOSE AN ISSUE, SITUATION, OR EVENT THAT YOU'D LIKE TO EXPLORE.

For a few minutes, talk about (or journal about) your thoughts and feelings about the situation.



TURN YOUR AWARENESS TO YOUR BODY.

Having just expressed yourself, notice what you feel in these areas:

**throat
chest
belly
back of the neck
shoulders**

Write that down or draw how you feel.



If you noticed sensation in your chest and throat area, complete the following sentence:
"I feel sad that _____."



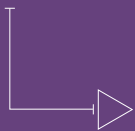
If you noticed sensation in your jaw, shoulders or back of the neck area, complete the following sentence: **"I feel angry that _____."**



If you noticed sensation in your abdominal area, complete the following sentence: **"I feel scared that _____."**



If you noticed sensation in multiple areas, try completing each of the sentences.



TAKE A MOMENT TO APPRECIATE THAT YOU GAVE YOURSELF THE TIME AND SPACE TO BE WITH YOUR FEELINGS.

Noticing how you feel is an important step to take before you take any action.

Think of a person or a place where you feel safe and loved. Allow yourself to feel that sense of safety and love for yourself for being okay with having big feelings.



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