

Feel it Together



Lesson Objective:

To teach an emotion-focused coping skill that can help kids connect with others and set their situation up to feel their best.

Learning Outcomes:

By the end of this lesson, kids will be able to demonstrate how to use Feel it Together and identify when they could use it to feel their best selves.

Materials Needed:

- [Strategy Video](#)
- Laptop with Internet access
- Projector
- [Strategy Cards](#)
- [Reflection Sheet](#)

English materials are linked above. You can access materials and videos in Spanish on the [FYBS website](#).

Time:

15-25 min

Steps

□ Introduce Feel it Together (1-3 min)

- Start by sharing that you are going to watch a brief video that will teach kids something they can use to help them feel their best selves. You can use or revise the sample script below to introduce the strategy:
- *Today we are going to be learning a new strategy to help us feel our best self. We can learn how to deal with heavy feelings – like feeling sad, mad, worried, or scared. Sometimes those heavy feelings make us not feel our best, so we can try a way to make them feel lighter.*

This is also a good time to check kids' understanding of heavy and light feelings. We offer some sample questions to generate discussion here, or you can revisit Intro: Feel Your Best Self.

- What does it mean to have heavy feelings?
- What does it look like when you're feeling heavy feelings?
- What are some examples of lighter feelings?
- What does it look like when you're feeling lighter feelings?
- What about when you're feeling in the middle?

□ Show the Feel it Together Video (5 min)

- This will require a computer, speakers, and a projector.

□ Check for Understanding (3-5 min)

- Ask about events that occurred during the video. For example:
 - How could Nico tell that Mena was upset?
 - Why didn't Mena want to talk about her feelings at first?
 - What reason did she give? (Prompt if no one responds: Do you really think she was bothering Nico?)
 - Does anyone remember why Mena was feeling heavy?
 - What did Nico suggest to help Mena feel lighter?
 - How did Mena feel after talking to Nico?

□ Provide the Feel it Together Strategy Card (1 min)

- Hand out the strategy card.

□ Practice Feel it Together (3-5 min)

- Inform kids that you are now going to practice the strategy together.
- Read all steps aloud to remind kids of the strategy steps.
- Read the first step on the strategy card aloud and have kids engage in the action listed in that step.

- Repeat for all remaining steps on the strategy card.

Practice Feel it Together with a Puppet!

If you have chosen to incorporate puppet-making into your use of FYBS, here are some ideas you can use to have kids practice the strategy with their puppet:

- Kids can break off with their puppets and tell their puppet something personal (e.g., something that they struggled with in the past week, something that made them sad etc.).
- Have kids prepare and perform a puppet show where their puppets use Feel it Together.
- Facilitators can use puppets to provide opportunities for kids to practice Feel it Together.

Reflect on how Feel it Together worked and how you might use it in your own lives (5 min)

- We offer some sample questions to encourage reflection:
 - Has anyone ever had a friend move away like Mena? How did it make you feel?
 - Has anyone tried talking to someone about how you were feeling like Mena talked to Nico? How did it make you feel?
 - What do you think about Feel it Together?
 - What do you like?
 - What might you change?
 - How do you think you could use it?
 - When do you think it could be helpful?
 - When/where can you use Feel it Together?
 - Is there a time today that you could try it?
- To engage in additional reflection, use the **Feel it Together Reflection Sheet** to have kids rate and describe, using pictures or words, their feelings before and after practice.