






Video Discussion Tip Sheet

Feel it Together



- 1) Pay attention to feelings that are heavy. 
- 2) Share those feelings with someone you know. 
- 3) Notice if sharing helped those feelings be lighter. 

Watch together! Then talk about:

Practice together! Then talk about:

Additional Tips

- ✓ How was Mena feeling at the start of the story? Why was Mena feeling that way?
- ✓ Can you think of a time when you felt sad and lonely like Mena did?
- ✓ Why do you think Feel It Together helped Mena?

- ✓ What example did you use to try Feel it Together? Who did you try it with?
- ✓ Do you feel any different after sharing your heavy feelings?
- ✓ Who can you ask to Feel it Together with you?

- ✓ If kids use vague language to describe their emotions, consider saying, "It sounds like you are feeling [disappointed] about [losing the game]."
- ✓ You might then describe what led you to this conclusion: "You are feeling sad and wish that you had won the game." This will help kids to learn and apply more specific language about emotions.



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