

Video Discussion Tip Sheet

Turn the Dial



1) Imagine a dial with lots of different feelings.



2) Check what feeling your dial is on right now.



3) Turn your dial to a different spot and think about how you feel.



4) Keep turning until you find a spot where you feel your best.



Watch together! Then talk about:

Practice together! Then talk about:

Additional Tips

- ✓ Why was Nico upset that the sweater was too small?
- ✓ Can you think of a time when you were upset like Nico?
- ✓ Do you remember what Nico did to think differently about the sweater not fitting?
- ✓ How did Nico feel after using Turn the Dial?

- ✓ How were you feeling before we tried Turn the Dial?
- ✓ How do you feel after using Turn the Dial?
- ✓ What was your favorite part about the steps in Turn the Dial?
- ✓ Can you think of a problem you had recently? How could you Turn the Dial to see it another way?

- ✓ To brainstorm ideas for using the strategy, first think of some recent situations that were challenging. Then, brainstorm some new ways of thinking about the situation! For example, did it lead to any opportunities, teach a lesson, or allow for additional practice of something else?



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