



FEEL

SKILLVILLE STRATEGIES



What are Strategies?

Strategies are tools and techniques that help achieve calmness and concentration to prime the brain to effectively use Success Skills. These skills are **Focus, Think Differently, Organize, Remember, and Feel.**

What is a Child-Friendly Definition of Strategies?

"Strategies are something you do or words you think about to help you understand your thoughts and emotions and respond in a helpful way."

What is Feel, and Why is it Helpful?

Feel is our brain's ability to connect with our "heart" and regulate and express our emotions. We can choose which emotions are appropriate to display in any given situation. This Success Skill helps children develop positive social interactions and self-confidence. By encouraging children to **Feel**, caregivers and grownups can help children understand and manage their feelings in a healthy way.

What is a Child-Friendly Definition of Feel?

"Check and show your emotions."

When do children struggle with Feel?

When they...

- Find it difficult to control their emotions and physical responses.
 - A child might find it difficult to contain their excitement when they discover a new book about their favorite topic in a quiet library. They might express their excitement by talking loudly or jumping, even though they know they should speak softly in that setting.
- Struggle to show emotions in a healthy way
 - A child might get frustrated with a difficult homework assignment and slam their pencil down instead of asking for help or taking a break.
- Find it challenging to talk about their feelings.
 - A child might abruptly leave the group they're playing with and choose to play alone, instead of talking about how they feel hurt or upset after a disagreement with their friends.

Consider incorporating strategies into your child(ren)'s routine to further enhance the **Feel** Success Skill. Strategies can be used in school, at home, and in the community. While all strategies can support Success Skills, the effectiveness of a specific strategy is different for everyone. Experiment with different approaches to find what works best for your child's individual needs.



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