



FEEL SESSION

CONVERSATION CARD



Find a seat with your family.



Introduce yourself to other families nearby.



Take turns asking each other questions using the Conversation Card provided.



FEEL

Conversation Card

SkillsVille

Take turns asking these questions to the people around you.
Mark off the box for every question you get answered.

<p>What is something that makes you smile? What are some emotions that smiling could express?</p>	<p>Do you use any strategies to help you feel calm? What are they?</p>	<p>Is there something you are looking forward to? What is it?</p>
<p>Practice expressing your feelings by sharing how you feel right now. Why do you feel this way?</p>	<p>What are some different feelings a Firefighter might have?</p>	<p>How does your body feel when you are mad?</p>

REVIEW



Talking Points:

- Take some time to review the last Skillsville Session. Point to the icon and see if families can remember what the Success Skill was. What was the strategy you learned at the last session?
- Ask if they noticed when they were using the Success Skill and Strategy

(Heart and head- Feel; Magnifier – Focus; List with checkmark - Organize; Thinking bubble – Remember; Lightbulb – Think Differently)

FEEL

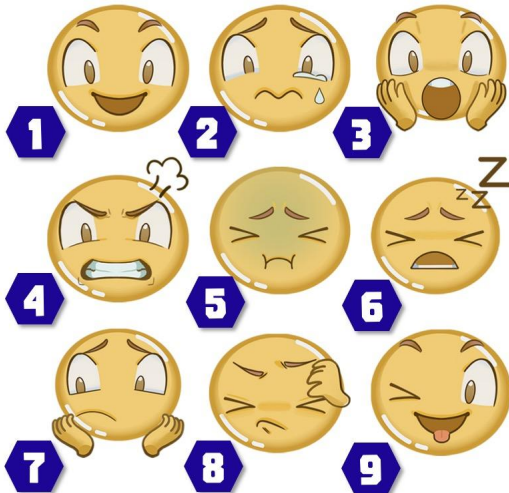


- Feel is a Success Skill
- It means “to check and show your emotions.”

Talking Points:

- When we check our feelings, calm ourselves or sharing and showing our emotions, we use the Feel Success Skill.
- Examples of the Feel Success Skill include: When we feel angry with a family member and go to another room because we know we need to cool off, when we can identify different emotions we feel in a day, and when we share how we are feeling with someone else.

FEEL



- Check your emotions
– How do you feel?
- Which face best
matches how you are
feeling?

Talking Points:

- Have families take some time to share which face matches how they feel. Encourage them to pause before beginning and think about how they are feeling.
- Decide if you want to share as a group based on your community's comfort level
- You could share that it is possible to feel more than one emotion at the same time if family members are having a difficult time choosing one face

EPISODE

- What problems did Rae, Cora, Dev, and Scout solve?
- Why do Firefighters need to **Feel** calm?
- What strategy does Rae use to help her **Feel** calm?



1. Tell families that after they watch today's episode, they'll answer these three questions.
2. In the Skillsville Platform, open the Feel bundle and play the Firefighter episode.
3. After the episode, ask families the three questions. You might have them turn to their family to share and then offer to have them share out as a whole group.

RESUME BUILDER

's
Skillsville Resume
 Color in each career and Success Skill as you learn about them!

Print and attach individual's QR Code login

My Careers

Train Engineer	Delivery Driver	Astronomer	Personal Service Workers	Firefighter
Food Scientist	Mayor	Construction Supervisor	Air Traffic Controller	Artist
Treasurer	Tour Guide	Chef	Emergency Dispatcher	Farmer

My Success Skills

Remember	Feel	Organize	Think Differently	Focus
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- Make sure you have the correct resume
- Identify and color in the career we learned about in today's episode

Talking Points:

- When grown-ups apply for a new career, they usually make something called a resume.
- A resume shows what careers you have experience with and what skills you have that can help you with your careers.

Pass out Resumes making sure that children get the resume builder with their name and correct QR code on it

Try to have children just color in the Firefighter icon

STRATEGY



- Practice the Stretching strategy
- How do you **Feel** after using the Stretching strategy?

1. Open the Skillsville Platform to the Organize bundle and play the strategy video (pause symbol).
2. Guide families through a Stretching strategy as a whole group (about a minute or so)
3. Encourage them to tell one another what it was like to use the Stretching strategy

1. Before passing out the materials, open and play the video for Feeling Faces in the Feel bundle for families.
2. Give each family 1 Map, 1 Emoji Mat, and 1 set of Feelings Cards cut out. You may also want to give them an envelope or zip top bag to put the cards in when they are done.
3. Have this slide showing and give families 5 – 10 minutes to play.

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- Find your resume
- Identify and color in the career we learned about in today's paper game

Have children take out their resume builders and color in the Tour Guide image

Talking Points

- Ask children how a Tour Guide might use the Feel Success Skill

STRATEGY



- PAUSE and practice the Stretching strategy
- Check in with how you are feeling before we start our next activity

1. Before using the Feel Success Skill again in a different game, guide families through another Stretching strategy.
2. Encourage families to check in with their emotions and see how they move on to another activity



WORKS OF HEART



Skillsville Gallery needs artwork from Fine Artists to help fill their walls!

Use the Feel Success Skill to show the Beples what you're feeling with art!

HOW TO PLAY

1. **Pick an emotion!**
Choose what you want to show the Beples.
2. **Paint!**
How can you show what you **Feel**?
3. **Show your art!**
Different Beples like different artwork in the gallery!

ASK YOUR CHILD

- Which painting that you made is your favorite so far? Why?
- How can you use tools and colors to show your emotions?
- Do you have any art at home? What emotions do you think the artist was trying to show?

1. After explaining the game, pass out a tablet to each family.
2. Each family should get headphones and a splitter so caregivers can also listen to the game.
3. To help families log in, have them tap the Google Chrome icon to open the Platform. Then, they can scan their QR code on the resume.
4. After families play for 15 – 20 minutes, give families a two-minute warning before their time is up
5. Let families know that while their time is over for now, they'll play more Skillsville games next week.

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- Find your resume
- Identify and color in the career we learned about in today's digital game

Have children color in the Fine Artist image. Then, have children circle or color in the Feel success skill icon.

Talking Points:

- Review the careers children learned about in the day's session
- Ask children and families if they are interested in one or more of the careers and why
- Collect resumes after this step and let families know you will pass them back next week.
- If this is families last session, they may keep their resumes.

RECAP



- Today we learned about the **Feel Success Skill** and practiced the **Stretching Strategy**.
- We talked about careers like **Firefighter**, **Tour Guide**, and **Fine Artist**.

Talking Points:

- Review what you did today
- Let families know they will get a Skillsville To Go handout on their way out

JOIN US AGAIN NEXT TIME



LATER, GAMERS!

Come back next time on (date) at (time)



1. Before the session, edit this slide in Google Slides to let families know when they should return
2. Tell families they can take their copy of Feeling Faces as well as a Skillsville To-Go handout on their way out.