



# FEEL

## Skillsville To-Go



### WHAT WE LEARNED TODAY

The **Feel** Success Skill means "check and show your emotions."

The strategy we practiced was **Stretching**.

Some careers we learned about were **Firefighter**, **Tour Guide**, and **Fine Artist**.

### USE THE FEEL SUCCESS SKILL AT HOME

We have lots of different emotions throughout the day. Identify how you felt today. Find the face(s) that best match the feelings you had and share them with someone you trust. You can ask each other questions like:

*"What does your body feel like when you have that emotion?"*

*"Can you draw a picture of what that emotion feels like for you?"*

After someone shares, you can respond by saying:

*"I understand how you felt.  
A time I felt that way was when..."*

*"Something that helps me when I feel that way is..."*



### USE THE STRETCHING STRATEGY

Find a family member or friend to be your stretch partner.

1. Check your emotions. How are you feeling?
2. Do big stretches, reaching your arms and fingers as high as you can, reach down all the way to your toes.
3. Lean to the left, then lean to the right to stretch your sides.
4. Check your emotions again. How do you feel? Did your feelings change? Share with your partner.



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