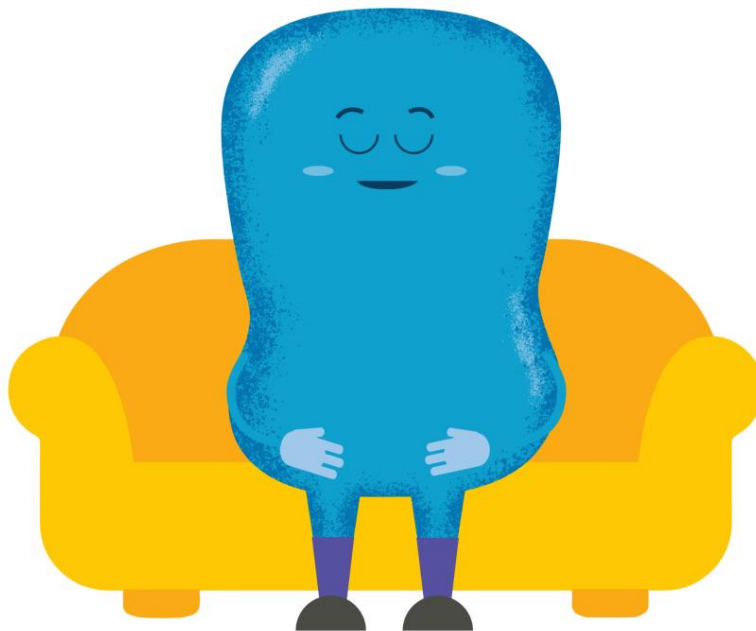


Talking About Feelings



MODULE 2: DISCUSSION ABOUT WITH FEELINGS

GUIDE FOR THE FACILITATOR

SUMMARY OF MODULE TOPIC: CONVERSATION ABOUT FEELINGS

Joy, sadness, anger, disgust, surprise, and fear: We all experience emotions. Because our emotions are connected to our thoughts and actions, they have a significant impact on how we make decisions. If we don't manage our emotions well, we can make bad decisions that can affect our health. When we learn to manage our emotions, we can make better and clearer decisions. We will also act with care and concern for our children, ourselves, and others.

Young children and teenagers who are not able to manage their emotions can act in dangerous ways that can cause harm. It is important for parents to learn how to help their children identify and manage their strong emotions.

Talking about difficult emotions like anger is extremely important. It can lead to stress, thoughts, and actions that are out of control.

Before we even talk about the emotions we feel, simply noticing them can help us stay in the present. Emotions will also pass on their own— whether we are old or young.

When parents acknowledge and name their child's emotions, it helps the child better understand and manage their emotions. Parents can accept their child's feelings, talk calmly about what they are experiencing, and provide them with support. In this way, they can reduce the risk of their child engaging in risky behaviors to avoid experiencing negative emotions.

In Module 2, parents will learn the importance of accepting, naming, and recognizing the different emotions their child is feeling. They will also learn ways and skills that can help with this.

The main goal for this week is for parents to learn and practice talking about their own feelings and their child's feelings.

FOUNDATIONS OF DISCUSSION ABOUT FEELINGS

The five foundations for Talking About Feelings are Breathe, Share, Listen, Care, and Seek:

1. **BREATHE** - Breathe slowly. Pause.

Before speaking, breathe in and out slowly. This will calm you down and give you more time to think.

2. **SHARE** - Share your feelings.

This is hard to do. Many of us grew up being told not to cry or show our emotions in front of our children. Take a deep breath and calmly share your feelings with the people closest to you. They will understand you better and will learn how to deal with stress.

3. **LISTEN** - Listen to your child or teenager.

Let your children share their feelings.

You can reflect and summarize what they shared with you. Accept every emotion, even if it is negative.

4. **MALASAKI** - Malasaski for them

This is also hard to do! When we feel stressed, we tend to focus more on ourselves.

But our children need our support too. Ask them about their feelings. Listen to them and offer support. Try giving them a hug or saying, "I understand you." It can make all the difference.

5. **FIND** - Find the positive

Together with your child, brainstorm ideas that could help.

You can also do something positive together to take your mind off the stress.

ISSUES THAT NEED TO BE PREPARED FOR

Talking about feelings can be refreshing It's normal for parents to have difficulty communicating and expressing their feelings. They may just be trying to identify and share their own emotions. Talking about feelings has benefits too! It helps to notice positive emotions like happiness or calmness.

Feelings and Sex

Many of us grew up being told not to cry when we're sad, especially boys and men. It's important to understand that the emotions men feel are also felt by women.

Sharing feelings does not diminish masculinity, but

a sign of courage and strength.

Accepting Negative Emotions Negative emotions are just as normal as positive emotions! When children show that they are feeling negative emotions, other parents may think that their child is being rude. A child's display of negative emotions does not mean that the parent is losing control or authority over their child. Instead, parents should encourage their child to acknowledge the emotions they are feeling.

Help your child name and talk about their feelings to help them manage their emotions.

PREPARATION FOR MODULE 2

Bago magsimula, siguraduhing nakahanda na ang lahat!



1. REVIEW

I-review ang mga pundasyon para sa susunod na modyul.
I-review ang mga mensahe para sa susunod na modyul.
I-review ang mga mensahe ng nakaraang modyul. Tandaan ang mga magulang na nangangailangan ng karagdagang suporta.
I-review ang mga feedback ng nakaraang modyul. Pumili ng isang tagumpay na maaaring iugnay sa mga pundasyon sa live chat.
Pumili ng isang hamon na pwedeng pagtulungan na masolusyonan ng grupo sa live chat.



2. I-RECORD ANG MGA MENSAHE

I-record nang maaga ang inyong MaPa parenting skill video.
Paghandaan nang maaga ang mga mahahabang mensahe tulad ng Pagpapakilala ng MaPa skill.

MESSAGES FOR MODULE 2 – TALKING ABOUT FEELINGS

DAY ONE: MODULE REMINDER

Message: It's been a whole week! Our next chat session is [SET TIME] later. We'll talk about the benefits of talking about feelings with your child—and add a second foundation to the walls of our Happy Home. Let's chat!



Ipadala ang mga sumusunod na mensahe kasama ang imahe na ito.



DAY ONE: FIRST GROUP CHAT SESSION

(ESTIMATED TO TAKE ABOUT AN HOUR)

This is a group discussion that you are leading. Remember to pause first. after each step to provide parents with opportunity to respond or talk to group members if comfortable them to do this.

Outline for Day One	
Message 1	Greetings and Greetings
Message 2	Discussion About the Burial Work
Message 3	Sharing Success
Message 4	Sharing the Challenge
Message 5	Discussion about Challenges and Solutions
Message 6	Introducing MaPa Skill: Talking about in Feelings
Message 7	Comics about Children (Conversation) about Feelings)
Message 8	Discussion about Comics
Message 9	Comics about Teenage Son (Talking) about Feelings)
Message 10	Discussion about Comics

Message 11	Discussion about Comics: Consider the Age of the Child
Message 12	Discussion about Reasons for Talking about Feelings
Message 13	Setting a Home Activity or Homework
Message 14	Clarification
Message 15	Video: MaPa Skill Reminder
Message 16	Audio: Pause for a Moment
Message 17	Gratitude

Message 1 – Greetings and Greetings

Welcome to Module 2 of our MaPaChat! How are you all? Are you happy? Stressed? Angry? Annoyed? Calm? Whatever emotion you are feeling feeling...it's okay! Let's type what we're feeling today.



Paalala sa Facilitator: Bigyan ng sandali ang mga magulang na magbahagi ng kanilang nararamdaman. Ibahagi rin ang iyong nararamdaman. Halimbawa, "Masaya akong maging parte ng MaPaChat session natin ngayong araw."

Message 2 – Discussion About the Burial Work

Last week, we talked about One-on-One Time with the child. Today, we will look at one of the other ways of using One-on-One Time—talking about feelings with the child. But first, let's chat about your home activities or homework. How is your One-on-One Time going?



Paalala sa Facilitator: Tanggapin ang mga karanasan na ibabahagi ng mga magulang. Magbahagi ng isang tagumpay at isang hamon mula sa mga binahagi ng mga magulang.

Message 3 – Sharing Success

One of the successes you shared last year
You did One-on-One Time and [describe the success].
You did a great job [attributing success to] foundation].

MODYUL 1 PUNDASYON

- ARAW
- LARO
- ATENSYON

Message 4 – Sharing a Challenge Now we will discuss a shared challenge about [describe the challenge from the feedback module].



Paalala sa Facilitator: Kung walang nagbahagi ng hamon sa nakaraang linggo, ipadala isa-isa sa chat ang mga halimbawang hamon sa baba:

I understand that it's hard to think of a challenge. Here are some examples of challenges in One-on-One time shared by other parents:

- I don't have enough time • My child doesn't want One-on-One Time • I'm not comfortable with what my child wants to do

Has anyone else experienced these challenges? Let's react to the challenges listed if you've experienced them too!



Paalala sa Facilitator: Hayaan ang mga magulang na sumagot, at pumili ng isang hamon na maaaring pag-isipan ng buong grupo.

Message 5 – Discussion about Challenges and Solutions Can we work together to come up with a positive solution to [describe the challenge]? What might a parent in that situation do?



Paalala sa Facilitator: Himukin ang mga magulang na mag-isip ng mga positibong solusyon. Narito ang ilang mga halimbawa ng mga hamon at mga solusyon:

Challenge	Possible Solution
I don't have enough time.	Find time in your daily schedule. Set aside just five minutes some days (for example: 5 minutes after dinner).
My child doesn't want to have One-on-One Time.	Suggest something fun to do for your child who is still the only one

	leader, such as talking about their interests.
I just want to watch TV or call my son.	Ask your child to show you what's on the phone and let them tell you the story.
I'm not comfortable with what my child wants to do.	Explain to your child why you are uncomfortable and ask what else he or she would like to do.
I can't do what my child wants to do.	Ask the child if you can watch him/her!
My son chose a contest. I won and he got angry.	Ask your child for other things to do where you can work together.
My son was restless when One-on-One Time was coming to an end.	Be clear about how much time you have and give a signal when the One-on-One Time is about to end.
All my children want to have One-on-One Time at the same time.	Think of a different time when the other children are not around or ask for help from another adult in the house.

Thank you so much for your ideas. Now that you know how to use One-on-One Time with your child, you can also try it with other members of your family—like your spouse, parents, in-laws, or even grandchildren!

Message 6 – Introducing MaPa Skill: Talking about Feelings

Today we're going to talk about MaPa Skill: helping children manage their emotions. Here are five foundations **for** talking to children about emotions.

1. **BREATHE** - Breathe before you start to calm yourself down.
2. **SHARE** - Share your feelings.
3. **LISTEN** - Listen to your child or teenager.
4. **PAINFUL** - Concerned for them.
5. **FIND** - Find the positive.

Message 7 – Comic about Children: Talking about Feelings



Paalala sa Facilitator: Ipadala ang komiks kasama ang mensaheng ito:

Narito ang komiks na nagpapakita kung paano nakipag-usap ang anak tungkol sa kanyang damdamin sa kanyang Lola habang nag-wa-One-on-One Time.



Message 8 – Discussion about the Comic How did you see any of the five foundations of Talking About Feelings in this comic?

Possible answers from parents: • Grandma noticed Jun-Jun's feelings by saying, "I see." that you are sad".

- Use words to describe emotions.
- Repeated what Jun-Jun said, "This is not easy".
- The child was comforted.

- Shares own feelings about the situation by saying "I'm happy to be with you today, Jun-Jun".
- Looked for a solution.



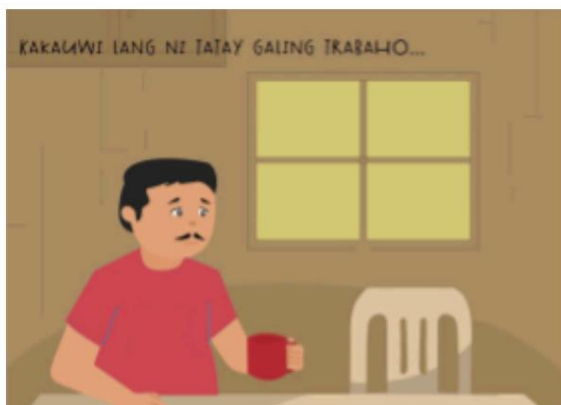
Paalala sa Facilitator: Bigyan ang mga magulang ng oras para makasagot bago pumunta sa sunod na komiks.

Message 9 – Comic about a Teenage Child: Talking about Feelings



Paalala sa Facilitator: Ipadala ang komiks kasama ang mensahe sa baba:

Narito pa ang isang komiks kung saan makikipag-usap si Tatay Jose tungkol sa mahirap na emosyon sa kanyang tinedyer na anak, si Pablo:



Message 10 – Discussion about Comics



Paalala sa Facilitator: Bigyan ang mga magulang ng pagkakataon para sagutin ang unang tanong bago pumunta sa susunod na tanong.

Let's also chat about this comic. What did you notice about how Tatay Jose spoke to his son?

Which of the foundations did you see?

Possible answers from parents:

- The parent remains calm.
- The parent accepts the emotion (fear) – even if it is negative.
- The parent explains his feelings.
- The parent notices that their child is anxious and tries to calm them down
He explained it by saying, “It’s normal to feel this way.”
- The parent showed sympathy and support using words to
Let the teenager know that he is there for them.
- The parent pays attention to how their child feels
teenager
- The parent and the teenager worked together to find a solution – which
doesn't mean there is an answer to everything!

Message 11 – Discussion about Comics: Think about the Age of the Child How would the story in the comic change if Dad was talking about his feelings to a young child instead of a teenager?



Paalala sa Facilitator: Bigyan ang mga magulang ng pagkakataong magbahagi ng kanilang mga ideya.

Message 12 – Discussion about Reasons for Talking About Feelings Why is it helpful to encourage a young child or teenager to share their feelings?



Paalala sa Facilitator: Bigyan ang mga magulang ng pagkakataong magbahagi ng kanilang mga deya.

Possible answers from parents:

- Teaches children to share their feelings.
- Helps the child connect emotions with actions and body language.
- The child learns that all emotions are acceptable.
- Parents can see and learn about their child's feelings child.
- Teaches children to recognize other people's emotions.
- Gives the child the opportunity to change their behavior.

Message 13 – Setting a Home Activity Thank you for sharing your ideas.

For this week's homework, practice talking about feelings with your child during your One-on-One time and at other times.

Also try to pay attention to your own feelings as your day goes by.

Message 14 – Clarification

Do you have any more questions about talking about feelings?



Paalala sa Facilitator: Magbigay ng ilang minuto para makapagtanong ang mga magulang. Alalahaning magpasalamat sa mga magulang sa kanilang mga katanungan. Bago mo ibigay ang iyong sariling sagot, bigyan ang grupo ng pagkakataong pag-isipan ito at sumagot sa pamamagitan ng pagsabi “Magandang tanong iyan! Ano po sa tingin ng iba ang pwedeng isagot o solusyon diyan?”

Message 15 – Video: MaPa Skill Reminder Here is a short video on how to talk about feelings with your child. It is a reminder of the foundations:

1. **BREATHE** - Breathe slowly. Pause.
2. **SHARE** - Share your feelings.
3. **LISTEN** - Listen to your child or teenager.

4. **PAINFUL** - Concerned for them.
5. **FIND** - Find the positive.



Paalala sa Facilitator: I-record ang mensahe bago pa ang group chat session. Maglaan ng 3 o 4 na minuto para ma-download ng mga magulang ang video at mapanood ito. Pwede rin silang tanungin kung na-download at napanood nila ang video bago ka magpatuloy.

Script for video (record before group chat session):
Good day! Our MaPa skill today is talking about feelings with our child.
There are five steps you can take to support your child in talking about their feelings:
Step 1. BREATHE - Breathe in slowly. Pause.
Before speaking, breathe in and out slowly. This will calm you down and give you more time to think.
Step 2. SHARE - Share your feelings
This is hard to do. Many of us grew up being told not to cry or show our emotions in front of our children. Take a deep breath and calmly share your feelings with the people closest to you. They will understand you better, and they will learn how to deal with stress.
Step 3. LISTEN - Listen to your child or teenager
Let your children share their feelings. You can rephrase or summarize what they shared with you. Accept every emotion, even if it is negative.
Step 4. CARE - Care for them
This is also hard to do! When we feel stressed, we tend to focus more on ourselves. But our children need our support too. Ask them about their feelings. Listen to them and offer support. Try giving them a hug or saying, "I understand you." It can make all the difference.
Step 5. SEARCH - Find the positive

Together with your child, brainstorm ideas that could help. You can also do something positive together to take your mind off the stress.

Great! You've learned another parenting skill! Remember that all emotions are welcome. It's how we deal with them that matters.

Message 16 – Audio: Pause for a Moment Before we end today's chat session, we will do a Pause for a Moment. Remember that you can also do this if you feel like it.

stress.



Paalala sa Facilitator: Ipadala ito bilang audio message. Pwedeng ipadala ang iyong dating na-record na audio message.

Begin by closing your eyes and taking a deep breath. Ask yourself, “What is on my mind that is here right now?”

Paying attention to the emotions that are here now.

Paying attention to body sensations.

Paying attention to breathing.

Feeling the breath entering and leaving the nose or body.

Do this for five or ten breaths in and out.



Paalala sa Facilitator: Tumigil para sa limang paghinga bago magpatuloy.

Now, awareness is expanded throughout the body.

Listening to the sounds in the room.

“Do I feel different?”

When you are ready, slowly open your eyes.

Message 17 – Gratitude



Paalala sa Facilitator: Tanggapin ang mga ipapadala ng mga magulang sa pagbibigay ng thumbs up, emoji, o mga papuri. Siguraduhing makakakuha ng isa o dalawang mga tagumpay at hamon na maaaring pag-usapan sa simula ng susunod na modyul.

Thank you. What you did today was difficult but also very important. It will help you manage your stress and give your child the skills to manage their stress. Have a great day!

DAY THREE: REMINDER TO PRACTICE

Message 1 – Practice Reminder Hello! Remember

that the main activity for this week is to talk about feelings in your One-on-One time and at other times.

Message 2 – Practice Reminder Talking about

feelings isn't easy at first— especially if it's new to you and your child— so remember to practice. Good job on your attempt!

DAY FIVE: FEEDBACK

Message 1 – Asking for Feedback Hi! Could

you share something positive that happened when you talked to your child about feelings? Have you experienced any challenges while trying to do this? Could be creative!

Send stories, voice messages, and pictures. I'd love to hear how your week was when we meet again on [INSERT DATE HERE].



Paalala sa Facilitator: Tanggapin ang mga ipapadala ng mga magulang sa pagbibigay ng thumbs up, emoji, o mga papuri. Siguraduhing makakakuha ng isa o dalawang mga tagumpay at hamon na maaaring pag-usapan sa simula ng susunod na modyul.