

What Is a Feeling?



Everyone has feelings.
Feelings are signals from inside us, from
our body, heart, and mind.

Some feelings feel light and comfortable.
Others feel heavy, tight, or confusing.

All feelings are normal.
They are not good or bad,
they are messages from inside!

Feelings help us understand:

- What we need
- What matters to us
- How to take care of ourselves and others

When we learn how to notice
and understand our feelings,
we gain a powerful skill for life.



The COLOR Method



A simple way to understand what you're feeling and decide what to do next.



Check you body

Notice what is happening inside you.



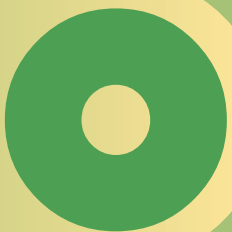
Observe your face

Your expression can give you clues.



Label the feeling

Give your feeling a name.



Open a Choice

Think about what you can do with this feeling.



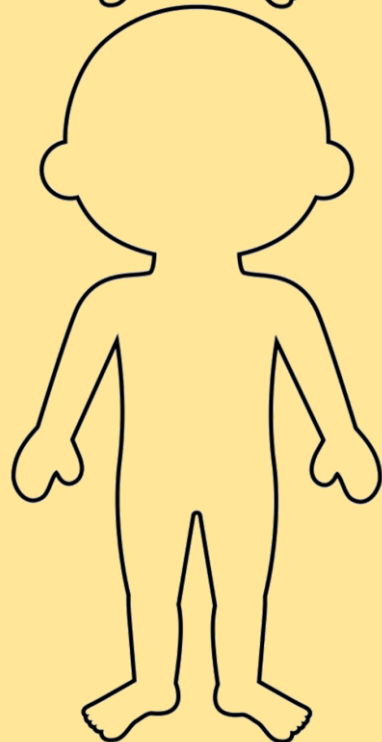
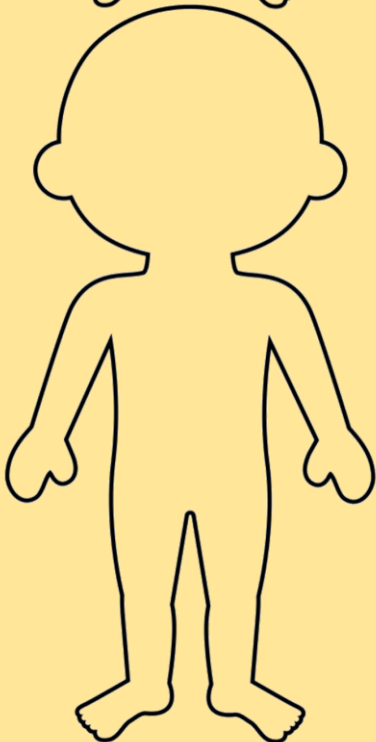
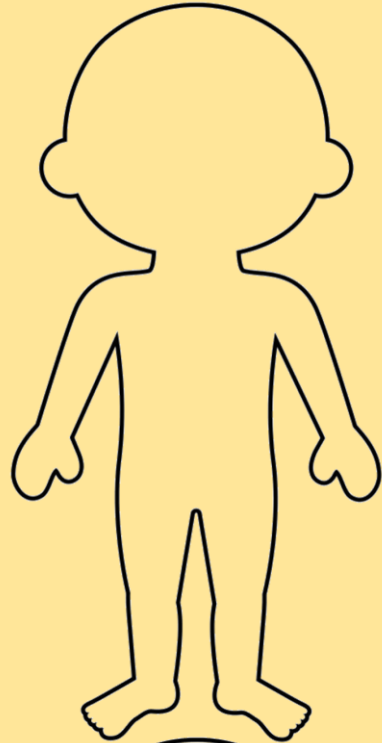
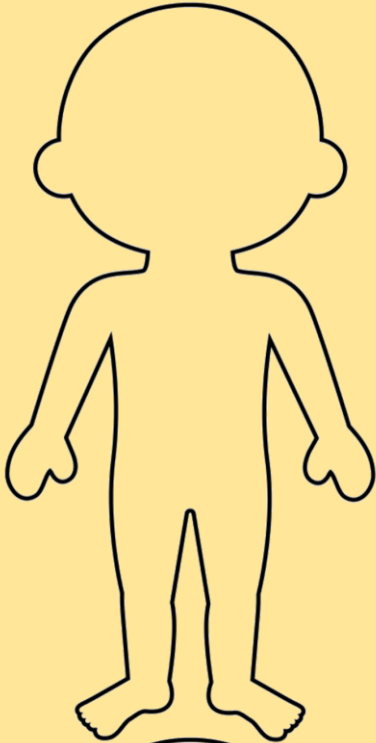
Respond in a healthy way

Choose an action that helps you and others.

C Check your body

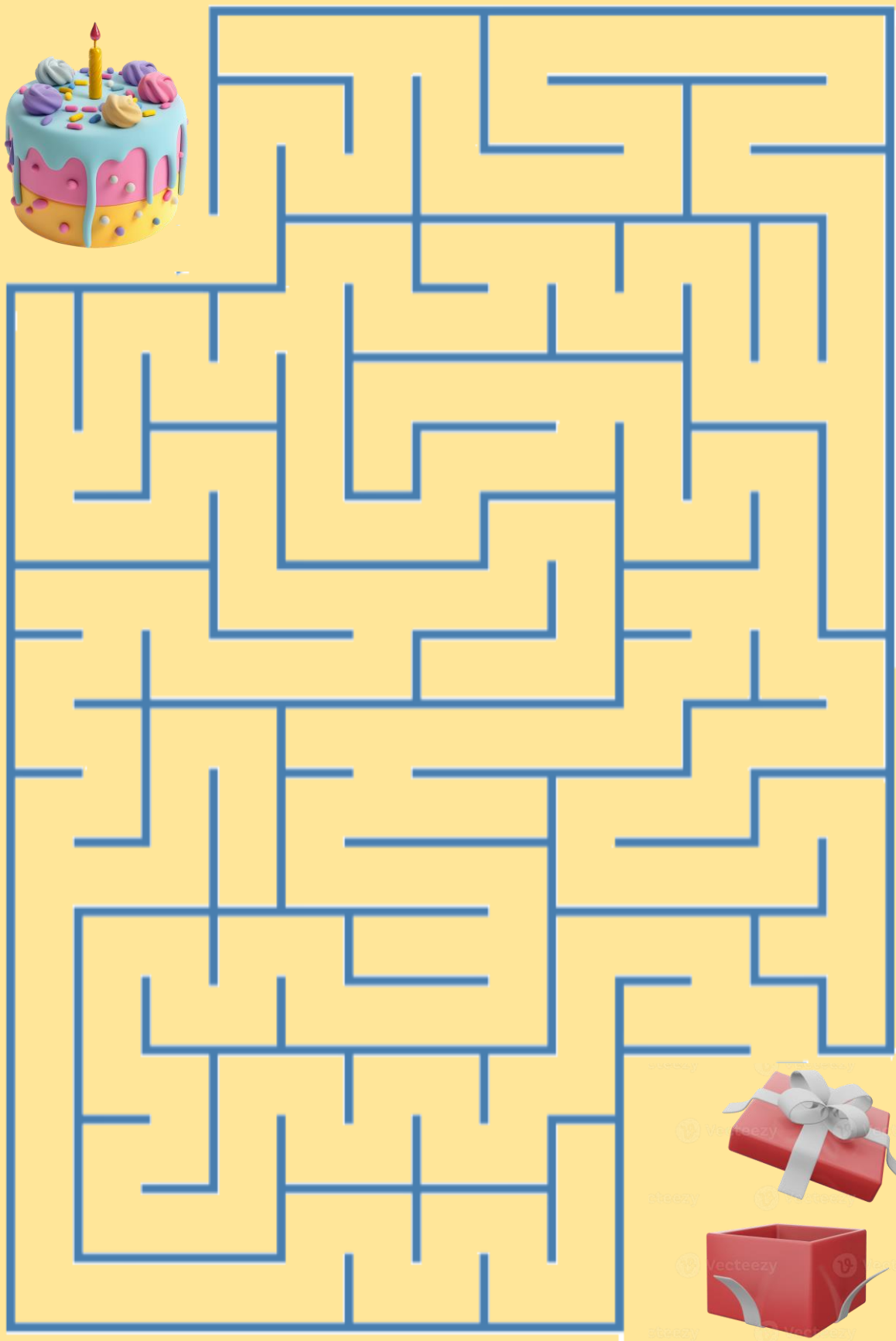
Each time you feel something strongly:

- Color the place where you feel it the most
- You can use different colors for different feelings
- You can use one body for each moment



Feelings change, that's why there's more than one body.

C Check your body



● Observe your face



Observe your face

Whenever you feel something strong, look in the mirror and draw your face:

- Notice your eyes
- Notice your mouth



A mirror doesn't judge.

It only shows what's there.



L Label your feeling



L Label your feeling



Find these feelings:

Happy | Sad | Angry | Scared | Calm | Excited | Nervous | Proud | Lonely | Frustrated | Shy | Loved | Disappointed

A	S	A	D	E	J	G	M	F	P	Q	U	V	Z	P
F	C	A	L	M	H	A	P	P	Y	L	O	V	E	D
R	S	P	I	O	F	R	U	S	T	R	A	T	E	D
U	G	H	P	A	P	R	Y	L	O	U	P	N	C	I
S	P	Y	D	A	O	I	S	H	Y	B	R	T	I	S
T	R	B	I	N	N	M	O	Q	L	V	O	R	T	A
R	O	W	S	E	T	X	R	C	R	O	U	E	E	P
A	U	E	I	R	S	E	A	L	A	V	D	X	D	P
T	D	X	S	V	R	V	P	N	G	W	H	C	N	O
E	L	C	C	O	N	E	R	V	O	U	S	I	G	I
D	O	I	A	T	N	T	E	E	M	M	P	T	E	N
H	L	T	E	D	I	J	L	S	A	K	R	E	L	T
I	O	E	M	Q	P	A	N	G	R	Y	F	D	Y	E
Z	N	S	V	B	C	H	G	K	D	J	M	W	X	P
M	E	S	C	A	R	E	D	Q	T	A	B	Y	Z	G

Did you find a feeling you felt this week?

● Open a choice



You get to choose what help you best:

Dance and let the feeling move through your body

Breathe slowly until the feeling softens

Draw what the feeling looks like inside you

Shake your body and release the feeling

Take a walk and let your thoughts settle

Hug someone or something that feels safe

Hug someone or something that feels safe

Write a few words about what's inside

Pray or sit quietly for a moment

Rest until your body feels lighter

My own way to feel better:

● Open a choice



Give your feeling a body and a face!
Draw your feeling as a Character.

R Respond in a healthy way



R Respond in a healthy way

