

**Super Simple
Feelings
Management
Technique**

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SEE IT!

Identify the emotion on an emotion chart.

SEE IT!

Explain what a person's body might look like when they feel this emotion.

SEE IT!

Explain how someone might hold their hands when they feel this emotion.

SEE IT!

Explain what someone might do with their feet when they feel this emotion.

SEE IT!

Explain what someone's face might look like when they feel this emotion.

SEE IT!

Tell about a time you saw this emotion in someone else and what they looked like.

SEE IT!

Talk about a T.V. show or a movie where you saw this emotion.

SEE IT!

Ask someone to use their face to make different emotions. Stop them when they get to this emotion.

SEE IT!

Stand face-to-face with someone. As they act out this emotion, mirror it back to them.

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SAY IT!

Name a similar emotion.

SAY IT!

Name a situation when someone might feel this emotion.

SAY IT!

Name a similar emotion more intense than this emotion.

SAY IT!

Name a similar emotion less intense than this emotion.

SAY IT!

Name the opposite emotion.

SAY IT!

Describe this emotion in three words.

SAY IT!

What is another way to say this emotion?

SAY IT!

How would you describe this emotion to an alien who has never felt it?

SAY IT!

Complete the sentence with this emotion: "When I am _____, I like to _____."

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FEEL IT!

Describe how your belly feels when you experience this emotion.

FEEL IT!

Describe how your head feels when you experience this emotion.

FEEL IT!

Describe how your shoulders feel when you experience this emotion.

FEEL IT!

Describe how your legs feel when you experience this emotion.

FEEL IT!

Describe how your arms feel when you experience this emotion.

FEEL IT!

Describe how your muscles feel when you experience this emotion.

FEEL IT!

Describe how your heart feels when you experience this emotion.

FEEL IT!

Describe how your back feels when you experience this emotion.

FEEL IT!

Describe how your face feels when you experience this emotion.

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MIMIC IT!

Act out the emotion using words.

MIMIC IT!

Act out the emotion without using words.

MIMIC IT!

Act out the emotion using only your face.

MIMIC IT!

Act out the emotion without using your face.

MIMIC IT!

Act out the emotion using your face while your body does the opposite emotion.

MIMIC IT!

Act out a situation with a friend that involves this emotion.

MIMIC IT!

Act out a conversation with an adult about this emotion. Be both the adult and the child.

MIMIC IT!

Act out the emotion as your favorite animal.

MIMIC IT!

Act out the emotion as your favorite super hero.

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TALK ABOUT IT!

Talk about a time when you experienced this emotion.

TALK ABOUT IT!

Talk about what helped you last time you felt this emotion.

TALK ABOUT IT!

Talk about what happened one time to make you feel this emotion.

TALK ABOUT IT!

Why do you think you sometimes feel this emotion?

TALK ABOUT IT!

Would you like to feel this emotion more or less?

TALK ABOUT IT!

Who is somebody you could talk to about it next time you feel this emotion?

TALK ABOUT IT!

Why do you think this emotion exists?

TALK ABOUT IT!

In what ways can this be a helpful emotion?

TALK ABOUT IT!

In what ways can this be a harmful emotion?

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