

**Learning Objective:** To teach children that people often have more than one feeling at the same time

**Skill:** Emotional awareness

Tell the group:

*People can have more than one emotion at the same time. For example, you might feel happy when your lost dog comes home, but upset because he has a bruised paw. You could feel excited about finding the last piece of cake in the refrigerator, but unsure about whether you should eat it.*

*The important thing is to try to be aware of all the emotions you're feeling, and if they trouble you, talk about them with someone who will listen to you and can help.*

Distribute Activity Sheet 39. When the children have completed it, ask for volunteers to talk about situations in which they had mixed feelings.

Name \_\_\_\_\_ Date \_\_\_\_\_

For each situation below, what feelings might you have?

I feel \_\_\_\_\_  
\_\_\_\_\_

I also feel \_\_\_\_\_  
\_\_\_\_\_



My mom just had a new baby.

I feel \_\_\_\_\_  
\_\_\_\_\_

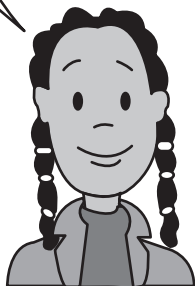
I also feel \_\_\_\_\_  
\_\_\_\_\_



Our school trip was cancelled, and it was supposed to be the same day that my favorite cousin will be visiting from out of town.

I feel \_\_\_\_\_  
\_\_\_\_\_

I also feel \_\_\_\_\_  
\_\_\_\_\_



My friend broke my new CD player but she is going to get it fixed.

I feel \_\_\_\_\_  
\_\_\_\_\_

I also feel \_\_\_\_\_  
\_\_\_\_\_



I got a great gift for my birthday but it wasn't what I was hoping for.