

**Learning Objective:** To teach children that expressing their feelings can help in dealing with them

**Skill:** Emotional communication

Tell the group:

*It's important to recognize how you are feeling at different times and to express your feelings appropriately. If you're angry, it's better to tell someone than to keep it inside. If you're happy, it's hard to keep your excitement to yourself.*

*Expressing your feelings will help you deal with them. Telling someone you trust and sharing your feelings in a conversation almost always makes you feel better. When you're aware of what you feel, it is usually easier for you to get along with others.*

Ask different children to tell how they would feel in the situations below, and why.

- If your mom were angry at you for not doing your chores
- If you got a bad grade on a test you had studied for
- If you got a bad grade on a test you hadn't studied for
- If you got 100% on a test
- If your best friend couldn't come to your birthday party
- If you lost your homework
- If someone teased you
- If your teacher called on you to answer a question, and you didn't know the answer

Then, have the children think of their own examples, and again tell how they would feel, and why.