

Summary of the Lesson

Feeling Detectives

Our Feelings come in different **SIZES**.

When we have a **little** problem, we should have a **little** reaction.

If we have a **little** problem – we can solve this by ourselves in a few minutes.

If we have a **medium** problem – we need an adult or we can solve it by ourselves, but it might take longer.

If we have a **BIG** problem- we need an adult and it might take a long time to solve.

We can ask questions like “**How big is the problem?**” and “**what size of reaction am I having?**”

These questions can help us feel **CALM** and we can solve our problem.



The Challenge: Complete our Activity Sheet.

Resources for Parents

Exploring Emotions with Sesame Street:

They have some great videos, activities, and other resources that are age specific to help kids with expressing their emotions.

<https://sesamestreetincommunities.org/topics/emotions/>

Sizes of Feelings: Disney Inside-Out:

The visuals provided show different sizes of feelings, and can also help a child identify what “size” of a feeling they are having in the moment. For older children it also can help them understand overlapping feelings.

<https://jillkuzma.files.wordpress.com/2008/09/sizes-of-feelings-with-inside-out.pdf>

Activity Sheet

Below are a list of different problems that children may face. Decide which problems are little, medium, or big. Place them in the boxes below. Discuss what types of reactions we should have for each of these problems. You can also talk with your child about how they could solve these problems if they had to face them.

Your ice cream fell	Dropping Candy on the ground
Getting into an argument	Someone gets hurt
You can't find your toy	A pencil breaking
The fire alarm going off	Breaking a leg
Scraping your knee	You lost your favorite blanket

Little Problem

Medium Problem

Big Problem