

# Summary of the Lesson



Our FEELINGS are like BUBBLES

We feel all kinds of emotions including some we don't like  
including being SCARED, ANGRY, and SAD

Sometimes we feel like our feelings will last FOREVER

We must remember: We WILL feel better some day!

Our Feelings don't last forever, just like bubbles don't last  
forever

It is okay to share our feelings with someone we trust



The Challenge: Tell yourself "This won't last forever!"

# *Resources for Parents*

**Teaching your Child Emotional Agility:** 4 practical steps for helping children go through negative emotions- Feel it, show it, label it, watch it go. <https://www.nytimes.com/2016/10/04/well/family/teaching-your-child-emotional-agility.html>

**10 Emotion-Coaching Phrases to Use When Your Child is Upset:**  
<https://nurtureandthriveblog.com/emotion-coaching-parents/>

**Print out of the 10 Emotion-Coaching Phrases to Use When Your Child is Upset:** [https://drive.google.com/file/d/1swJ7-MtL7iorW-PyX73wJFxFxUrbhCvsy\\_/view](https://drive.google.com/file/d/1swJ7-MtL7iorW-PyX73wJFxFxUrbhCvsy_/view)

# Feelings don't last Forever

Right now, you might be feeling some emotions and think they will last forever. **Write them down in the bubbles below and write some reasons why you are feeling this way.** If feelings are like bubbles, they will not last forever. Once you are finished, crumple this paper, and toss it in the garbage. Notice how this makes you feel.

\*\*\*For younger kids, they are welcome to draw their feelings. \*\*\*

