
COUNSELOR CORNER ISSUE #1 MANAGING STRONG EMOTIONS



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I AM THE SCHOOL COUNSELOR
AT BOTH PERUVIAN PARK
ELEMENTARY AND SUNRISE
ELEMENTARY. PLEASE REACH
OUT IF YOU HAVE ANY
QUESTIONS, OR YOU NEED
SOMEONE TO TALK TO ABOUT
HOW YOU ARE FEELING.

STRONG FEELINGS

When our feelings are very strong,
it's hard for us to think clearly.
When we focus attention on our
bodies, we get clues about
how we're feeling.

THINKING ABOUT OUR FEELINGS

When we think about our feelings, it
can help the thinking part of our
brain to get back in control.

WHERE DO YOU FEEL STRONG FEELINGS IN YOUR BODY?

TIGHT CHEST? STOMACHACHE? HEADACHE?

Often when we are worried, we have physical clues as to how we are feeling in our body. Paying attention to the internal physical clues like a fast heartbeat or a stomachache can help us to identify our emotions. When our feelings get strong enough, it can feel like they will overwhelm us. Additionally, when we have these strong feelings, it's hard for our brains to think, because the feeling part of our brains has taken over. We need to learn some calming down strategies to use during these times, so that the thinking part of our brains can take over again. In the next section we will learn about the thinking and feeling parts of our brain as we learn about the Hand-Brain model.

HOW TO MAKE A HAND-BRAIN MODEL

DESCRIPTION/ACTION

Imagine your hand's a brain/ Hold hand up, palm facing away from you
Thumb is the feeling part of the brain/ Fold thumb in on top of your palm
Fingers are thinking part of the brain/ Fold fingers over your thumb
When feelings are strong, it's like you flip your lid/ Flip up your fingers
The feeling part of the brain takes over/ Wiggle your thumb.

PRACTICE PLAYING "DON'T FLIP YOUR LID"

- Read "How to Make a Hand-Brain" section, and practice several times.
 - Pick a feeling, and think of a time that you've felt it strongly, (worried, disappointed, angry, embarrassed, excited).
 - Make a hand-brain that has flipped its lid.
 - Think about where you feel the feeling in your body.
 - Fold fingers over your thumb getting your control back.
 - Try more feelings.
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