

Feelings Unit

Unit Overview

Unit Focus:

- This unit explores how we relate to ourselves, recognizing our emotions and thoughts and how these affect our lives. It will also include how to manage emotions as well as how to stay calm and positive in difficult situations.

Unit Outcomes: By the end of the Unit learners will be able to:

- Recognize & name different feelings
- Identify what they are feeling
- Develop tools for coping with emotions
- Identify accurately, the emotions & feelings of others

Unit Weekly Themes:

- What Do I Feel?
- Mixed Feelings
- Managing Emotions
- Other's Feelings

Affirmations

- It is safe and normal for me to feel all my feelings
- I am open to shifting my perspective
- No matter what is going on around me, I am grounded in God's peace
- I live in harmony with all of life

Bible Quotes

- Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Proverbs 3:5-6
- Keep your heart with all vigilance, for from it flow the springs of life. Proverbs 4:23
- And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:7
- For whenever our heart condemns us, God is greater than our heart, and he knows everything. 1 John 3:20

Unity/Fillmore Quotes

- **Myrtle Fillmore's Healing Letters p82**
With our feeling sense we are to feel for God, keep our attention on Him and train our faculties, senses, emotions, feelings to comprehend His radiations, His qualities as they express in our consciousness and body and affairs. Then do we feel God, His presence of love, life, joy, wisdom, power, and the expressions of these God ideas so positively and so fully that we are quickened and radiate the very things our minds hold so that our world too feels the presence of God.
- **Myrtle Fillmore's Healing Letters p121**

When negative attitudes of mind and heart cause depression and physical inharmony and a feeling of lack and worry, a quiet hour of study and prayer will flood your soul with an entirely new light and peace. You will begin to relax, and to allow the abundant life and the wonderful love of God to flow freely through you, restoring order and health. You will also see your affairs in a different light, and the inner assurance that God is providing, and directing, and prompting will give you great peace.

- **Atom Smashing Power of Mind p105**

Fill your mind to overflowing with thoughts of success; realize that the fullness of all good belongs to you by divine right. To this add a feeling of happiness and joy and you have the recipe for abundant and lasting Prosperity.

- **Revealing Word p73**

Feeling is external to thought; behind every feeling or emotion there lies thought, which is its direct cause. To erase a feeling, a change of thought is required.

Children's Lessons

#1 - "What Do I Feel"

Opening Experience

Today we are exploring something that every one of us deals with every single day- Emotions! It's very important that we have a good understanding of emotions. Why? Well, emotions give us valuable information about what is happening inside of us and what's happening outside of us

Some people believe that there are good emotions and that there are bad emotions.

But you know what? That's not true. Emotions are just emotions. There are no good emotions and there are no bad emotions. They just **are**. It's how we choose to act when we feel these emotions that make them seem good or bad.

Unity Principle #3 tells us it is how we CHOOSE to think and feel that create our realities - Not the thoughts or feelings themselves. Remember, there are no good or bad emotions. It's how we CHOOSE to act on them that can be considered good or bad. We have that choice, that power Many people don't realize how powerful that is. We have the power to achieve, succeed, be filled with happiness or we have the power to get in trouble, feels sad, angry and to not know how to control our feelings.

Spiderman tells us that "with great power comes great responsibility". We have a responsibility to really, deeply recognize and understand our emotions. Every day in every way we are creating the reality around us. By being aware of our emotions and how we deal with them, we can work towards making our reality a really great one Instead of YUCK.

Activity Choices

- Mood Walk <https://www.youtube.com/watch?v=8k32x-aYI4>
 - Kids get their bodies and imaginations going in this activity. Focus is on ways we can identify what we are feeling by paying attention to what our bodies are doing. Children

‘mood walk’ many different emotions, with the ‘TV’ stars” pointing out various things that happen with each feeling.

- What is Behind the Emotion Mask? <https://youtu.be/RWe27wEh7vo>
 - Because of the pandemic, children see a lot of people wearing masks. Masks cover the mouth. The mouth is one of the most obvious ways to tell how someone is feeling. In this game, children learn to identify emotions of people wearing masks. They learn that other facial features show emotion.
- The 5 Principles <https://youtu.be/wGSn3KfBan4>
 - Children learn a quick and easy way to memorize the 5 principles in a way that serves as a good base for more specific knowledge being added to it as they go further in their spiritual journeys.
- Emotion Games:
 - Word Game: <https://www.educandy.com/site/resource.php?activity-code=eed1e>
 - Match Game: <https://www.educandy.com/site/resource.php?activity-code=eca83>
 - These two games give practice to identifying emotions and practice with emotional vocabulary.

Meditation Zone

- Beach Meditation: <https://www.youtube.com/watch?v=Av5klYHvjIE>
- Sacred Table Activity: Gratitude Jar. <http://www.thegratitudejar.com/>
 - Go to the site and follow the easy directions to submit your gratitude. You can also read the gratitudes from others.
- Affirmation Wheel: <https://wheelofnames.com/rdm-abn>
 - Spin the wheel for your affirmation

Media

Today we have a double feature. We have two clips from the movie *Inside Out*. This movie is all about emotions! It’s a movie about a girl named Riley. When we go inside Riley’s head, we see the Emotions Headquarters and we meet the emotions. In the first clip, Riley is a brand-new baby - just born! In the second clip, she is school-aged. In both, we go inside Riley’s head to visit the Emotion Headquarters where each Emotion takes a turn working the main emotion control.

- *Inside Out* (Baby Riley) https://youtu.be/x__NgnMBHV0
- *Inside Out* (School-age Riley) <https://www.youtube.com/watch?v=1S0RKRRyqhQ>
- Reflection Questions
 - What headquarters do we go into when we go inside Baby Riley’s head?
 - What are the emotions in Baby Riley’s headquarters?
 - When does Riley use Joy? Sadness? Fear? Disgust? Anger?
 - The movie uses 5 emotions in Riley’s headquarters. Can you think of other emotions that could be in the headquarters?
 - Do you think the emotions each get the same amount of time to be in charge? Why or why not?

- Do you think that everyone uses the 5 emotions that Riley uses in the movie? Why or why not?
- What are things that bring people joy? Sadness? Fear? Disgust? Anger?
- Tell me about the emotions you feel. What causes you to feel them?
- What are some things that bring you joy? Describe it.
- What do you do when you feel something that makes you uncomfortable?
- How do you celebrate the positive things you feel?

Creation Station Activities

- Expressing Emotions
 - Actors and actresses have to be very good at expressing emotions. This game is one of the activities used in acting class. It has been slightly modified so it can be played at home.
 - You can watch and see the game being played in a slightly different way than how we are doing it. In the video, the father is saying an emotion (instead of an emotion wheel like we are using). The daughter sings the song with the he gives her.
https://www.youtube.com/watch?v=16XRMxGjp_k
 - We will sing the song by what emotion the wheel gives us
 - Click on emotion wheel link. <https://wheelofnames.com/czn-4fx>
 - It will spin and land on an emotion.
 - Sing “Mary Had a Little Lamb” with that emotion.
 - You can also choose a song you’d like to sing to try it with different emotions.
- Singing & Dancing: <https://youtu.be/hwTwt4oIW3U>
 - Sing and Dance along with the kids in the video as they do *If You’re Happy and You Know it*.
- Emotion Masks: <https://www.youtube.com/watch?v=jX2JycNdpPs>
 - Follow the instructions in the video. You may not want to make the faces she is making. Feel free to choose the emotions you wish to make.
- Calm Down Jar <https://www.marthastewart.com/1514477/how-to-make-calming-glitter-jars-for-kids>
 - There are many different recipes online. This one is one of the most popular. There are others you can find online that use glycerine, or corn syrup, or other thick liquids.
- Worksheets
 - Download Feeling Faces:
https://www.canva.com/design/DAEu53cVJc4/ZkOD4JhQA1Cunbt1feZv8Q/view?utm_content=DAEu53cVJc4&utm_campaign=designshare&utm_medium=link&utm_source=viewer
 - Download My Visual Journal:
https://www.canva.com/design/DAEu54uGLJg/4lVA1Q7wKS17XXe_k_dQ3w/view?utm_content=DAEu54uGLJg&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink

#2 - “Mixed Feelings”

Opening Experience

Welcome to lesson 2. We are exploring emotions. Everyone has emotions. It’s normal. Some people are much better at handling their emotions than others. Some people are always getting in trouble because they don’t have a good grasp on understanding their emotions and how to make choices that create good outcomes.

Emotions and thoughts are not good or bad. They are just information. It’s how you act on that information that creates good and bad results. Unity principle number 3 reminds us that we create our reality by the way we choose to act upon our thoughts and emotions. That doesn’t mean that it’s like waving a magic wand. It doesn’t mean that we think it and what we want magically appears. What it does mean is that how we act and what we do create what is happening in our lives. We are creating that all the time. Are you creating good things around you? It can get tricky because we feel more than one emotion at a time. Sometimes it’s hard to tell which one is the right one and the best to choose. The work we do learning to identify how we feel will make us better able to make the right choices.

Activity Choices

- Minecraft Feeling Game: <https://youtu.be/5G8Rc5jIb9I>
 - The children go to the video and identify the expressions on the Minecraft character. As they do so, they are asked to reflect on the role video games play in their lives and if their choices are leading them to good results.
- Memory Game: https://wedolisten.org/games2020/match-game/memory_html5.html
 - This online game has many levels. As it gets harder, the child is asked to be aware of how he/she is feeling inside. Are they getting frustrated? Do they enjoy the more difficult levels? Are they feeling more than one emotion?
- The 5 Principles <https://youtu.be/wGSn3KfBan4>
 - Children learn a quick and easy way to memorize the 5 principles in a way that serves as a good base for more specific knowledge being added to it as they go further in their spiritual journeys.
- Online Painting: <https://wedolisten.org/games2020/computercolor/book5cover/index.html>
 - Many people find coloring and painting relaxing. The children are asked to monitor their feelings as they do this activity.
- Online Puzzle: https://wedolisten.org/games2020/puzzles_html5/puzzles_html5.html
 - Working jigsaw puzzles in a relaxing activity for many people. For others, they find it frustrating and boring. As the child works the puzzles, how is he/she feeling? Do they enjoy putting the pieces together? Do they find the challenge stimulating or do they find it annoying?

Meditation Zone

- Beach Meditation: <https://youtu.be/r1UKUQEvXec>
- Sacred Table Activity: Gratitude Jar. <http://www.thegratitudejar.com/>
 - Go to the site and follow the easy directions to submit your gratitude. You can also read the gratitudes from others.

- Affirmation Wheel: <https://wheelofnames.com/rdm-abn>
 - Spin the wheel for your affirmation

Media

- *Howard B. Wigglebottom Learns to Listen*, by Howard Binkow
 - <https://youtu.be/S3WG0KK7yLI>
- Reflection Questions
 - What Is the name of the main character?
 - What is happening to Howard when the story begins?
 - Why is he in time out? How did he feel about it?
 - What were some good things Howard did or was planning to do?
 - What happened next?
 - What did Howard ask Ally?
 - What does Ally do when she's upset, scared or angry?
 - What are some things that help Howard back away from losing control?
 - Have you ever lost your temper? Tell me about it.
 - What types of things cause you to get so angry? Or upset?
 - What helps you back away and know it's ok?

Creation Station Activities

- Write Your Own Story: <https://wedolisten.org/games2020/colormehoward/writeyourown.html>
 - Stories are filled with emotions. I can't wait to see what you write.
- Paint Your Emotions: <https://kidssearch.com/KidsPaint.html>
 - Paint a picture depicting an emotion
- Laughing Kids Learn: <https://laughingkidslearn.com/tool-for-teaching-emotions-in-kids/>
 - The Easter Egg activity is one of my favorite activities. For it, you will need plastic Easter Eggs, and marker, and playdoh or modeling clay if you wish. To do this activity, draw the eyes on top of the egg and put the mouth on the bottom part of the egg. After you make many emotions, take them apart and reassemble them. You might have an egg with happy eyes and a sad face. You might have an egg that has angry eyes but a laughing mouth. If you want your eggs to stand up, you can take the modeling clay or playdoh and put a small ball in the bottom of the egg. That will help it stand upright.
- Emotions Movie Clip: https://www.youtube.com/watch?v=jTAVhqQo_U4
- Wheel Activity
 - There are 4 scenarios listed below.
 - Having dinner with your new friend's family
 - Visiting the doctor
 - A kid butts in front of you in line
 - You don't want to go to school today
 - Choose one, then spin the emotion wheel and it will tell you what emotion you need to have to act out the scenario you chose. <https://wheelofnames.com/czn-4fx>
 - For example, you might choose 'having dinner with your new friend's family' and when you spin the wheel, you get 'disgust'. This means that you will have to create and act out

a scenario where you are having dinner with your friend and you are just showing and feeling disgust.

#3 - “Managing Emotions”

Opening Experience

Did you know that emotions are not good or bad? All they are is useful information. Emotions and feelings tell us about what’s going on inside of us as we go through our lives. It’s how we act on that information that creates good and bad results. Unity principle number 3 reminds us that we create our reality by the way we **choose** to act upon our thoughts and emotions. We control what we do with the emotion information. Unity Principle #5 reminds us that it isn’t enough just to know something or be aware of it - we need to put those things into action. It’s how we put into action what we are feeling that creates our reality. We have the power over our emotions and feelings. However, there will still be times when we find that we have let our emotions have control of us, instead of us having control over them. When this happens, we can view it as a learning opportunity. We can think about the situation and discover things that we did that were helpful, and things that we did that caused problems. We can use these insights to help us in the future.

Activity Choices

- Dinosaur Yoga: <https://youtu.be/ISX9DSK4uEk?t=53>
 - Yoga is a good way to be mindful, to learn about ourselves, and to become more connected to who we are. Children (and their families) do a dinosaur-themed yoga. Principle #3 reminds us that it’s how we act on our emotions and thoughts that create our realities. Principle #5 states that we do the best we can, that we do what is ours to do. Becoming stronger in our ability to be aware of our feelings and to control them helps us follow this principle.

- Dinosaur Run Game: <https://poki.com/en/g/dinosaur-game>
 - Video games are a part of most children’s lives. They are also a source of some very big emotions. As they play the game, children are asked to stay aware of how they are feeling as they play. They may actually want to say the emotion out loud. This is helping them practice identifying emotions while they are engaged in an ongoing activity.

- The 5 Principles <https://youtu.be/wGSn3KfBan4>
 - Children learn a quick and easy way to memorize the 5 principles in a way that serves as a good base for more specific knowledge being added to it as they go further in their spiritual journeys.

- Find the Bunny Game:
https://wedolisten.org/games2020/findinghoward_html5/findinghoward_html5.html
 - The children find 12 bunnies in each level. This takes concentration and focus. Invite the children to be aware of their feelings as they do this. How do they feel if it’s very easy? How do they feel if they can’t find one? What do they do if they feel like giving up?

- Coloring Page: <https://wedolisten.org/games2020/computercolor/book3cover/index.html>
 - The children do an online coloring page dealing with bullying. Encourage the child to talk about his/her feelings about bullying. Discussion could include if they have ever felt bullied, seen someone get bullied, bullied someone themselves, what do they do if they see someone getting bullied....have the child lead the way. Be aware of sensitive subjects.

Meditation Zone

- Mindfulness Meditation: https://www.youtube.com/watch?v=VZ_wdeog5Ek
- Sacred Table Activity: Gratitude Jar. <http://www.thegratitudejar.com/>
 - Go to the site and follow the easy directions to submit your gratitude. You can also read the gratitudes from others.
- Affirmation Wheel: <https://wheelofnames.com/rdm-abn>
 - Spin the wheel for your affirmation

Media

- *When I'm Feeling Read*, by Jessica Senesac
<https://youtu.be/a9yIxYM6HKE>
- Reflection Questions
 - What emotion do you think the dinosaur is talking about when he says he sees red?
 - What do you think he means when he says, "Lose my head".
 - Do you think the dragon was aware of how he was feeling? Why or why not.
 - What do you think the dragon meant when he said he did not want to 'lose his head'?
 - How do you feel when you are around someone so angry that he/she 'loses their head'?
 - What are some things that help the dragon when he gets angry?
 - Unity Principle #3 tells us that we control our reality by how we think and feel. What are some ways this principle shows up in this story?
 - The dragon found ways to help him control his emotion. He was able to use his mind to help control how he expressed anger. Why is this a good idea?
 - What can happen if you let your emotions get out of control?
 - This dragon was talking about when he felt red, felt angry. Have you ever felt angry?
 - What types of things make you angry?
 - Have you ever gotten so angry you lose control? Can you tell us a bit about it? How did you feel afterward?
 - What are ways that help you connect to your mind when your feelings start to get out of control?

Creation Station Activities

- Dinosaur Coloring Page: https://kidssearch.com/Coloring/Book_Dinosaurs.html
 - Coloring is an activity that is very popular among adults and kids alike. It is a way to relax, calm down and center oneself. In honor of our dinosaur movie, we have a dinosaur page to do.
- Making Music: https://wedolisten.org/games2020/makingmusic_html5/makingmusic_html5.html

- Many people love making and/or composing music to relax them. The activity next to the drums and piano is one where the child can make his/her own musical compositions.
- Hip Hop Dance: <https://youtu.be/JWTyO8npkOQ>
- Zumba Dance: <https://www.youtube.com/watch?v=FP0wgVhUC9w>
- HiiT Class: https://www.youtube.com/watch?v=2--WiAB_DEs&t=202s

#4 - "Others' Emotions"

Opening Experience

Today, we are exploring emotions and empathy. What is empathy? Well, simply put, it's the ability to imagine and feel what someone else is feeling. It's being able to put yourself into someone else's space and see things from their point of view. Empathy is a superpower that we can use every day. Some people are better at it than others, but we can all work towards strengthening our empathetic abilities.

Unity principle number 3 reminds us that it is how we CHOOSE to think and feel that creates our realities. This principle applies to everyone - everyone is creating their realities they are acting upon their thoughts and emotions. Because we are all connected, what we do - and what others do - affects us and everyone around us. Understanding others helps us in manifesting our best realities.

Activity Choices

- Name That Emotion Game: <https://youtu.be/v-vbDrGk-Xc>
- Empathy Detective Game: <https://youtu.be/t7dWCFpgkO8>

Meditation Zone

- Balloon Meditation: <https://www.youtube.com/watch?v=ZBnPlqQFPKs&t=33s>
- Sacred Table Activity: Gratitude Jar. <http://www.thegratitudejar.com/>
 - Go to the site and follow the easy directions to submit your gratitude. You can also read the gratitudes from others.
- Affirmation Wheel: <https://wheelofnames.com/rdm-abn>
 - Spin the wheel for your affirmation

Media

- *Chairs on Strike*, by Jennifer Jones
<https://www.youtube.com/watch?v=YX5Cg4lPX4A>

- Reflection Questions
 - At the beginning of the story, how were the chairs treated?
 - What types of things did the chairs object to?
 - Did the children realize that they were doing the things to the chairs? What types of clues do you have that make you think this?
 - How do you think the children in the story felt about their chairs leaving?
 - What did the kids decide to do?
 - What happened at the end of the story?
 - How do you think the chairs felt?
 - How do you think the children felt?
 - Describe a time you've seen a chair that had been treated badly.
 - Do kids treat the chairs badly at your school? Why do you think this?
 - Can we put ourselves 'into the shoes' of other people? Why do you think this?
 - Can you give some examples of putting yourself in other people's shoes?
 - How have you done this in your world?
 - How does it feel when you do this?
 - How does it feel when someone puts himself in your shoes?

Creation Station Activities

- Empathy Song: <https://youtu.be/B8XZRzYA6iA>
 - It's a song about putting yourself in someone else's shoes. It is a fun, musical
- Empathy Game: <https://youtu.be/cObsOhaegfk>
- Kindness Fortune Teller:
 - <https://wokinghamboroughlibraries.files.wordpress.com/2020/05/empathy-day-instructions.pdf>
 - We are going to make a Kindness Fortune Teller Generator. You will need a square piece of paper, scissors, and markers. The directions for how to cut and fold the paper are on the link above.
- Act Out Emotions:
 - We have an activity that involves both acting out emotions and also acting out how you would react to someone having those emotions. Click on the wheel <https://wheelofnames.com/> Spin the wheel. When you get your emotion, you have 2 tasks. First, act out the emotion. Second, pretend someone is feeling that emotion. How do you respond?
- Feeling Stress Ball: <https://www.giftofcuriosity.com/4-activities-for-teaching-kids-about-feelings/>
 - Let's make some emotion stress balls! Gather some balloons, some uncooked rice, sharpies, and a funnel. Insert the funnel into the top of the balloon. Pour the rice slowly into the funnel. If the rice doesn't go in easily, you may need to jiggle the balloon a bit to help the rice go in. When the balloon is full, use a Sharpie marker to draw faces on them, representing the emotions such as happy, angry, surprised, and sad.

Tween Lessons

#1 - “What Do I Feel?”

Opening Experience

Welcome to a place where you can learn more about feelings. Do you know that we create our own experiences or actions? Our emotions are a part of this along with our thoughts and being true to our spiritual heart. Explore the room by clicking on different objects to find two activities. One activity is the “I Am” worksheet. Print out the sheet. Fill in the blanks following the example on the page. You can also draw an emoji to go with the feelings. The Emotion Color Wheel can help you to learn more about your feelings. Click on a feeling to learn more about it.

Activity Choices

- Emotions Color Wheel
 - <https://do2learn.com/organizationtools/EmotionsColorWheel/colorwheel/EmotionsWheel13.html>
 - The Emotions Color Wheel can help you visually group feelings. Click on a feeling in the wheel to learn more about it.
- I Am Activity
 - https://ong.ohio.gov/frg/FRGresources/emotional_intelligence_13-18.pdf
 - Print the I Am worksheet. Emotional Self-Awareness: I Am activity sheet, page 7 of pdf.
 - Fill in the blanks following the example on the page. You might also draw an emoji to go with the feelings.

Meditation Zone

Welcome to the meditation room. Here you will find a meditation, “The Only Place You Need to Be Is Here” by Dora Kamau

- <https://insighttimer.com/dorakamau/guided-meditations/the-only-place-you-need-to-be-is-here>
- Create a Sacred Table at home! Find a battery-operated candle that you can turn on to remind you off the God-light within you!

Media

- Wisemind School: <https://www.youtube.com/watch?v=VL5MvZKgVZA>
- Reflection Questions
 - Why do we have emotions?
 - Can our emotions make us do things that we regret?
 - Is it important to know what you are feeling?

- Can you think of a time when what you were feeling was why you did something you might not normally do? Did your actions have an impact on others?
- Do you think that changing our thoughts can change how we feel?
- Do people respond differently to someone that is feeling joy compared to someone that is mad?

Creation Station

- Five Ways to Know Your Feelings Better <https://kidshealth.org/en/teens/emotional-awareness.html?WT.ac=t-ra>
 - “Read about the Five Ways to Know Your Feelings Better”. Choose two to focus on for the next week.
- Feelings Journal
 - Start a feelings journal. Write about what you are feeling and what thoughts or situations are connected to those feelings. Write at least one time each day for the next two weeks. Go back and read what you wrote. Look for the variety or range of feelings you experienced.
- My Emotions
 - This activity is about exploring how sound affects our emotions. Grab some blank paper and colored markers, pencils, or watercolor paints.
 - Begin by playing the Soft Music Clip: <https://www.youtube.com/watch?v=1ZYbU82GVz4> Listen to it for about 30 seconds and then disconnect from your mind and allow your emotions to guide you. How does the music make you feel? Draw your feelings using your choice of supplies.
 - Then play the Chaotic Music Clip: <https://www.youtube.com/watch?v=8bRTFr0ytA8> and repeat the process.
 - When you are complete, place your pages side by side and notice what is different.
 - If you choose, you can note the differences in your journal.
 - How does sound and the environment around you connect to your emotions?
 - What does this tell you about your emotions and how to manage them?

#2 - “Mixed Feelings”

Opening Experience

Welcome to a place where you can learn more about feelings. Did you know you create your experiences or actions? Through understanding our emotions, we can find power. Do you know your emotions can change as quickly as 90 seconds? Explore the room by clicking on different objects to find two activities. One activity is a list of emotions. Print out the sheet and place a check mark next to ones you often feel. How many are positive, and how many are negative? Ever wonder what you can do to reduce stress? Click on the objects and you will find 10 ways to relieve stress.

Activity Choices

- Feelings Worksheet: <https://www.therapistaid.com/worksheets/list-of-emotions.pdf>
- 10 Easy Ways to Relieve Stress: <https://www.healthline.com/health/10-ways-to-relieve-stress#sleep>

Meditation Zone

Here you will find a smiling meditation by Naomi Goodlet

- <https://insighttimer.com/naomigoodlet/guided-meditations/smiling-meditation>
- As we create our virtual Sacred Table, create one at home! Look around you for an item to add to the Sacred table that helps you feel and share the blessings that are all around you.

Media

Welcome to the media room. Here you can watch a video on how to identify your feelings. There is also a video on vocal toning. Hmm, I wonder what that is. After watching these see if you can answer the questions about feelings.

- Vocal Toning: <https://www.youtube.com/watch?v=NOAFLhRzVfM&t=150s>
- Vocal Toning Stress Relief: <https://www.helpguide.org/articles/stress/quick-stress-relief.htm>
 - As strange as it may sound, vocal toning is a special technique that reduces the stress hormones adrenaline and cortisol. Try sneaking off to a quiet place to spend a few minutes toning before a meeting with your boss and see how much more relaxed and focused you feel. It works by exercising the tiny muscles of the inner ear that help you detect the higher frequencies of human speech that impart emotion and tell you what someone is really trying to say. Not only will you feel more relaxed in that meeting, you'll also be better able to understand what he's trying to communicate.
 - How to tone: Sit up straight and simply make "mmm" sounds with your lips together and teeth slightly apart. Experiment by changing the pitch and volume until you experience a pleasant vibration in your face and, eventually, your heart and stomach.
- Reflection Questions
 - What did you learn about vocal toning?
 - What are some quick stress relief activities?
 - Which of these are you willing to try?
 - In what situations will these techniques be most helpful?

Creation Station

- "Count Your Blessings Worksheet" http://www.dannypetry.com/ebook_emotions.pdf
 - Page 23 Fill in the blanks
- "ABCYa Paint" https://www.abcya.com/games/abcya_paint

#3 - "Managing Emotions"

Opening Experience

Welcome to a place where you can learn about how to change your feelings. It is so important for everyone to have an adult you can share with. That person could be a parent, teacher, aunt, uncle, an adult at church, or a coach. I think you get the idea. Don't be afraid to ask for a little one on one time because they do care.

Activity Choices

- “Coping Skills Toolbox”
 - <https://www.bcbe.org/cms/lib/AL01901374/Centricity/Domain/1760/Coping%20Skills%20Toolkit.pdf>
 - Coping Skills Toolbox page4 Baldwin County Public Schools
- “EQ Quiz”
 - <https://www.freespirit.com/files/original/EQ-Quiz-for-Students-1.pdf>
 - EQ Quiz for Students Free Spirit Publishing

Meditation Zone

Welcome to the meditation room.

- “Trails of Goodness” Jennifer Himelic - Insight Timer
 - <https://insighttimer.com/yam/guided-meditations/trails-of-goodness>
- “Children’s Prayer”
(During your daily prayer time, use this prayer to remind you that you and God are one.)

I am the place that God shines through
Cause God and I are one not two
I need not fear, nor fret nor plan
For I know God needs me right where I am
And if I am relaxed and free
God will do a mighty work through me

Note: From Rev. Patrick McAndrew, Unity of Oklahoma City, during SEE course Unity Prayer. His daughter learned is many years ago in Sunday School.

- Sacred Table: As we create our virtual Sacred Table, create one at home!
 - Bell. Find a bell or a chime or another sound maker that feels peaceful and calming. Use the sound to remind you to go within each day.

Media

- “Stress Management Tips for Kids and Teens” by Mylemarks
 - <https://www.youtube.com/watch?v=3Nf2Pzcketg>
- “Students speak stress” Ted Ed Student Talks
 - <https://www.youtube.com/watch?v=69MLx9m1ctQ>
- Reflection Questions
 - How do you physically experience stress?
 - How do you feel when you are stressed?
 - How does your behavior change when you are stressed?
 - What are helpful things you can do for yourself when you are stressed?

Creation Station

Welcome to the Creativity Station. The first step in coping with stress is to know what causes it. Think about last week and list events you remember that caused you stress. Use the chart to record the stressful events. Be sure to rate each event as "high", "medium", or "low." Think of your reaction to the stress. For example, did your heart start to pound? or did you feel your temperature rise? Write your reaction in the space provided. Now, think of some ways to relieve the stress so you can keep your cool! You can repeat this activity as often as you like to see what your stressors are over a longer period.

- “Stress Journal,” pg. 28 Emotional Intelligence Activities for Teens
 - https://ong.ohio.gov/frg/FRGresources/emotional_intelligence_13-18.pdf
- BCya Make a Tree House
 - https://www.abcya.com/games/make_a_treehouse

#4 - “Others’ Emotions”

Opening Experience

Welcome to the place where you can learn more about how we communicate with others that we understand their feelings. Giving to others is much more than things we can see. One way to give to others is to let them know that we care by truly listening to them. In helping others feel better we feel better. When we feel good our hearts are filled with joy.

Activity Choices

- Weavesilk: Use the weavesilk app to create an image of how you are feeling or try creating different images for different feelings.
 - <http://weavesilk.com/>
- What are they feeling? The Emotion Lab
 - <https://emotionslab.org/games/what-are-they-feeling/>

Meditation Zone

- 5-minute Mountain Meditation for children (teens) and adults
 - <https://www.youtube.com/watch?v=W6rqDZnpCDw>
- Beautiful Relaxing Music for Stress Relief • Meditation Music, Sleep Music, Ambient Study Music
 - <https://www.youtube.com/watch?v=TwXilp2mUtE>

- Sacred Table: As we create our virtual Sacred Table, create one at home!
 - Find an item in your home that reminds you of your divine nature. Add it to your sacred table.

Media

Welcome to the Media Room. Empathy and Active Listening are important skills for communicating to others that you understand how they are feeling. The best way I know to find out how someone else is feeling is to ask.

- Building Empathy for Kids
 - <https://www.youtube.com/watch?v=QVqZ4WgI9q8>
- Active Listening Student Production
 - <https://www.youtube.com/watch?v=y7gHLSK6zcY>
- Reflection Questions
 - What is empathy?
 - What is active listening?
 - Think about a time when you knew that someone understood how you were feeling. What did they say so you knew?
 - How do you feel when you take time and really listen to someone that needs to talk?

Creation Station

Welcome to the Creativity Station.

- Active Listening Game
 - <https://www.youtube.com/watch?v=AVlc--sM9rk>
- The Empathy Map
 - <https://hope4hurtingkids.com/emotions/overcoming-emotions/the-empathy-map/>

Teen Lessons

#1 - "What's Going On With Me?"

Opening Experience

The purpose of this unit is to provide tools for you to get in touch with your feelings and body sensations. When we stop to find out what is actually going on within us, it can help us determine what needs we are trying to meet. When we are in tune with our needs, whether they are currently being met or not, it can build a greater sense of empowerment and choice and often feel more accepting of ourselves just as we are. May this practice of tuning in be a blessing in your life. Namaste!

- Feelings & Needs List:
 - <https://www.dailynvc.com/lists-of-feelings-and-needs-listes-de-sentiments-et-besoins-listas-de-sentimientos-y-necesidades>
 - Body sensations list: <https://letitshinecounseling.com/body-awareness/>
 - Instructions:
 - Take a moment to check in with your body and from the list below, write down or check off a few emotions you feel currently
 - Notice which is most strong
 - Once you have the feeling, scroll down the list and note what need that feeling might be connected to. We'll learn more about this process later on.
 - Having trouble figuring out your feelings? You are not alone! Feelings identification is a relatively new field, and yet brain science shows us how important it is to our experience of life. One thing that can help is taking note of the sensations in our bodies.

Meditation Zone

Time to become Mindful. Here you can find peace to go inward and connect with your Divine Nature.

- Body Scan Meditation
 - Click play to sit back, relax, and try out a body scan meditation for increased self-connection. Have a great seven minutes!
 - <https://www.youtube.com/watch?v=-mUzlHh1I6Q>

Media

- Emotional Intelligence From a Teenage Perspective:
<https://www.youtube.com/watch?v=MbmLNR89L-A>
- Journal Questions
 - What experiences was Maximilian describing?
 - How did the people respond to their experiences?
 - Think about a time where you experienced something similar. How did you respond?
 - What is emotional intelligence?
 - How can emotional intelligence help you have a healthier response to your experiences?

Creation Station

- Identifying Body Sensations
 - Take a moment to notice where in your body you feel a particular sensation. Refer to the list to get specific.
 - See if you are able to connect the body sensations to particular feelings. For example, feeling shame or embarrassment as cheeks get hot.

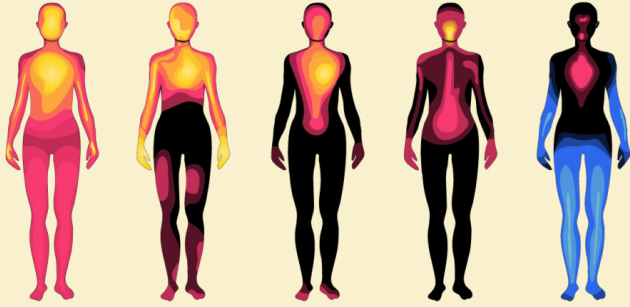
- Journal Questions
 - What situation are you in?
 - What feeling(s) arises from this situation?
 - What is the stimulus to the feeling?
 - What is the cause of the feeling?

- How can you respond, for each of the four ways, to receiving negative messages?
 - Blaming Self
 - Blaming Others
 - Seeing Your Own Feelings and Needs
 - Seeing Others' Feelings and Needs
 - Notice which way of responding brings more relief and select which you might choose to act on.

- Reflect on:
 - How does this activity relate to Unity principles? What spiritual laws might be at play alongside the physiological laws at work, such as our body responds physically to emotions?
 - Notice which way of responding brings more relief and select which you might choose to act on. How does this activity relate to Unity principles? What spiritual laws might be at play alongside the physiological laws at work, such as our body responds physically to emotions?

- Connecting Body Sensations to Feelings
 - Take a look at the body sensations on the heat map
 - Think of a scenario when you had one of the feelings listed and see if your body responds/ed the same way as the heat map.
 - If not, visualize how your body feels instead when you're having that feeling and take note of that.
 - Consider:
 - How does noticing that many people's bodies respond similarly to emotions connect to the spiritual idea of oneness?
 - What role might affirmative prayer play when it comes to noticing feelings?
 - How might we reconcile Unity's 3rd Principle which says, "*I create my experiences by what I choose to think and what I feel and believe,*" given this physiological response?

WHEN WE FEEL EMOTIONS, WHERE DO THEY HAPPEN?



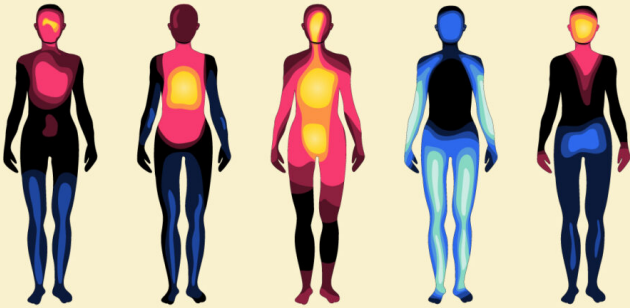
HAPPINESS:
throughout the
entire body

ANGER:
upper half of the
body and the arms;
also some activation
in the legs and feet

FEAR:
upper half of the
body, excluding
the arms; also
some activation
in the feet

DISGUST:
upper half of the
body and the arms

SADNESS:
the chest and
head; decreased
activation in
the arms, legs,
and feet



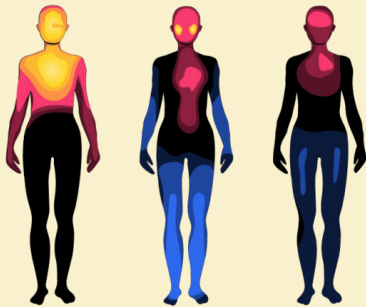
SURPRISE:
the chest and
head; decreased
activation in
the legs

ANXIETY:
increased activation
above the pelvis,
excluding the arms;
decreased activation
in the arms, legs,
and feet

LOVE:
throughout the
entire body,
though not much
in the legs

DEPRESSION:
decreased
activation in the
lower body

CONTEMPT:
the head and
hands; decreased
activation in the
pelvic and leg areas



PRIDE:
the torso, head,
and arms

SHAME:
the torso and
head; decreased
activation in the
arms, legs,
and feet

ENVY:
the chest and
head; decreased
activation in
the legs

GREATIST

#2 – “Mixed Feelings”

Opening Experience

Being able to clearly identify and understand your own feelings is necessary to better help you move through life. Sometimes we are not always sure what we are feeling. This week’s activities help us more clearly understand our emotions.

- Emotional Intelligence
 - Print the Emotional Intelligence assessment and complete it. The assessment will help you understand where you are in your emotional intelligence development.
 - <https://neotecouncil.org/wp-content/uploads/2012/04/EmotionalIntelligence-Self-Assessment.pdf>
- Mood Meter: <https://vimeo.com/98375367>

Meditation Zone

During the meditation time today, there are two activities that help us to figure out what helps us move into a calm space. Knowing what works best for us and practicing the tools, helps us to get to recognize and get to a calm place quicker, which helps us manage our life in a healthier way.

- The Daily Calm: <https://www.youtube.com/watch?v=ZToicYcHI0U>
- Calming Activities:
 - Lay down with your legs elevated and watch your breathing rise and fall
 - Doodle or color
 - Look out a window or let in fresh air
 - Engage in a visualization of a place that makes you feel safe
 - Listen to your favorite music or sing your favorite song
 - Stretch out your body, focusing on the neck, shoulders, and legs
 - Play a game like Solitaire or do a crossword puzzle
 - Cuddle a pet if you have one
 - Write down your worries and tuck the paper away
 - Light a candle and watch the flame for a few minutes
 - Fill a wine glass with water and see if you can make a soothing tone by rubbing your wet finger across the top of the glass
 - Fill the room with a scent that feels calming
 - Call a person who makes you laugh
 - Look through old photos of trips that you enjoyed
 - Listen to the sounds of nature
 - Tell someone you love them
 - Soothe your hands with lotion or a soak
 - Rub your temples in small circles

Media

Today’s video explores what happens when we have a conflicted mind. When we allow our emotions to have free rein, we don’t always experience life in a helpful way. But, knowing we have a choice is empowering.

- The Legend of the Two Wolves: https://www.youtube.com/watch?v=x95_BTeanI8
- Reflection Questions
 - What does the legend say about the war inside of us?
 - Who wins the war and what power do we have to affect the outcome?
 - What is the point of our life's walk?
 - How do our emotions affect our life experiences?
 - What can you do to remind yourself that you have power in how you walk through life?

Creation Station

Try out these activities to see how you can develop your emotional intelligence

- 3 Lessons from Two Wolves – 3 life lessons
<https://www.developgoodhabits.com/two-wolves-story/>
 - When you are faced with negative or disturbing emotions, can you still be productive at work or remain focused on your everyday obligations? If your answer is yes, this means that you have high emotional self-control. This website provides some helpful ideas:
- What Are Your Triggers?
 - The Triggers Worksheet is a wonderful tool for becoming more aware of those things that set you off. Being aware of triggers can help you cope better in life, and it can also be a helpful tool for those with anxiety, depression, anger management, and other issues like substance abuse.
 - The worksheet is designed to help you identify three triggers. You are then asked to reflect on those triggers by answering the following questions:
 - Why does this trigger you?
 - What is your reaction to your trigger?
 - What do you need to remind yourself of, to stay in control when you are confronted with this trigger?
- Triggers Worksheet: <https://www.psychpoint.com/mental-health/worksheets/triggers/>
- Developing Emotional Intelligence: <https://positivepsychology.com/emotional-intelligence-training/>

#3 – “Managing Emotions”

Opening Experience

This week we will explore how to manage emotions as well as how to stay calm and positive in difficult situations.

- Managing emotional reactions means choosing how and when to express the emotions we feel. People who do a good job of managing emotions know that it's healthy to express their feelings — but that it matters how (and when) they express them. Because of this, they're able to react to situations in productive ways. <https://kidshealth.org/en/teens/emotional-reactions.html>
- Inner Ease: <https://www.youtube.com/watch?v=KfoOcNZXJgQ>

- 5 Ways to Balance Teen Emotions: <https://www.newportacademy.com/resources/mental-health/5-ways-balance-teen-emotions-well-being/>

Meditation Zone

- Deep Relaxation: <https://www.youtube.com/watch?v=0GbQN1xBWw&t=600s>
- How to Ride the Wave
 - When we have distressing feelings, they can feel unmanageable at times. One technique we like is to 'ride the wave' of emotion. Oceans can be both calm and very active. Sometimes our emotions might feel calm, like an ocean on a peaceful day. Other times they may feel very intense and upsetting, like the ocean on a stormy day.
 - Imagine that your emotions are the waves in the ocean.
 - You are there too with a surfboard.
 - Focus on observing that your emotions are present and imagine that your emotions are these waves.
 - You are a surfer on these waves. You observe your emotions while the waves go in and out.
 - You feel the intensity of your emotions come and go, come and go.
 - Accept the fact that we all have emotions, sometimes they are intense and sometimes they are not. This may be a time you are riding an intense emotion.
 - You may notice that your body feels certain ways when you experience intense emotions.
 - Separate your body's response from you emotional response and simply observe what you are feeling physically (e.g. notice that your stomach feel tight. This is fine, just a physical feeling.)
 - After time passes, the intensity of the emotions will fade. You rode the wave successfully and can use this skill again.

Media

This being human is a guest house. Every morning a new arrival. A joy, a depression, a meanness, some momentary awareness comes as an unexpected visitor. Welcome and entertain them all! Even if they're a crowd of sorrows, who violently sweep your house empty of its furniture, still, treat each guest honorably. He may be clearing you out for some new delight. The dark thought, the shame, the malice, meet them at the door laughing and invite them in. Be grateful for whoever comes, because each has been sent as a guide from beyond.

- https://www.youtube.com/watch?v=aJemd_SdWms
- Reflection Questions
 - What is Rumi saying about human beings?
 - What is he asking us to welcome?
 - How can all your emotions help you?

Creation Station

Our emotions are with us always so rather than fighting or avoiding them, why not embrace them. The activities below provide opportunities to do so.

- Create a Mood Board
 - Using Canva, create a collage that reflects your current feelings. Once it is complete, reflection on what it means to you.
 - https://www.canva.com/design/play?type=TACQ-IYNs3U&category=tACZCstt_G4&locale=en&analyticsCorrelationId=7449b1da-a941-4314-a727-bee91b21e943
- Calling Out and Accepting Your Feelings
 - Consider these steps and ask yourself some introspective questions:
 - “What is a name for this feeling?”
 - Do a body scan. “What am I feeling in my body that tells me I’m having this feeling?” (e.g., neck pain for stress, stomach ache for anxiety, brain boiling for rage)
 - Accept it. “It’s understandable that I’m feeling this way. Many teens in my situation might feel this way, too.”
 - <https://psychcentral.com/blog/techniques-for-teens-how-to-cope-with-your-emotions#dos>

#4 – “How Do I Know How Others Feel?”

Opening Experience

While understanding our feelings is important, it is equally important to understand how to recognize how others are feeling.

- What are they feeling? <https://emotionslab.org/games/what-are-they-feeling/>
- Using an Empathy Map <https://peacheypublications.com/empathy-mapping-in-the-teaching-and-training-classroom>

Meditation Zone

Time to become Mindful. Here you can find peace to go inward and connect with your Divine Nature.

- Self-Soothing Meditation: https://www.youtube.com/watch?v=XI_B45DpMLU
- Reflection Question:
 - Reflect on your meditation experience. How do you feel after the meditation? How might centering yourself help you be more empathetic with both yourself and others?

Media

Let's take a new look at a classic story and see if from a different perspective. What message does it might have for us?

- The True Story of the Three Little Pigs:
<https://www.youtube.com/watch?v=qvFwwvjDdUs>
- Reflection Questions:
 - Who remembers the how the original story of the Three Little Pigs goes?
 - How is different from this version?
 - What was the wolf's opinion of what happened?
 - How does this story demonstrate empathy?
 - Tell me about a time when you were empathetic.
 - What was the experience like?
 - Why is empathy important?

Creation Station

In this section, you can experience activities to help you increase your empathy and your understanding of others' feelings.

- How to Read Other People's Energy and Emotions
<https://www.youtube.com/watch?v=msYwWr5twUY>
- How to Offer Empathy:
<https://www.harleytherapy.co.uk/counselling/sympathy-and-empathy.htm>