

What the Feeling?

12 to 17

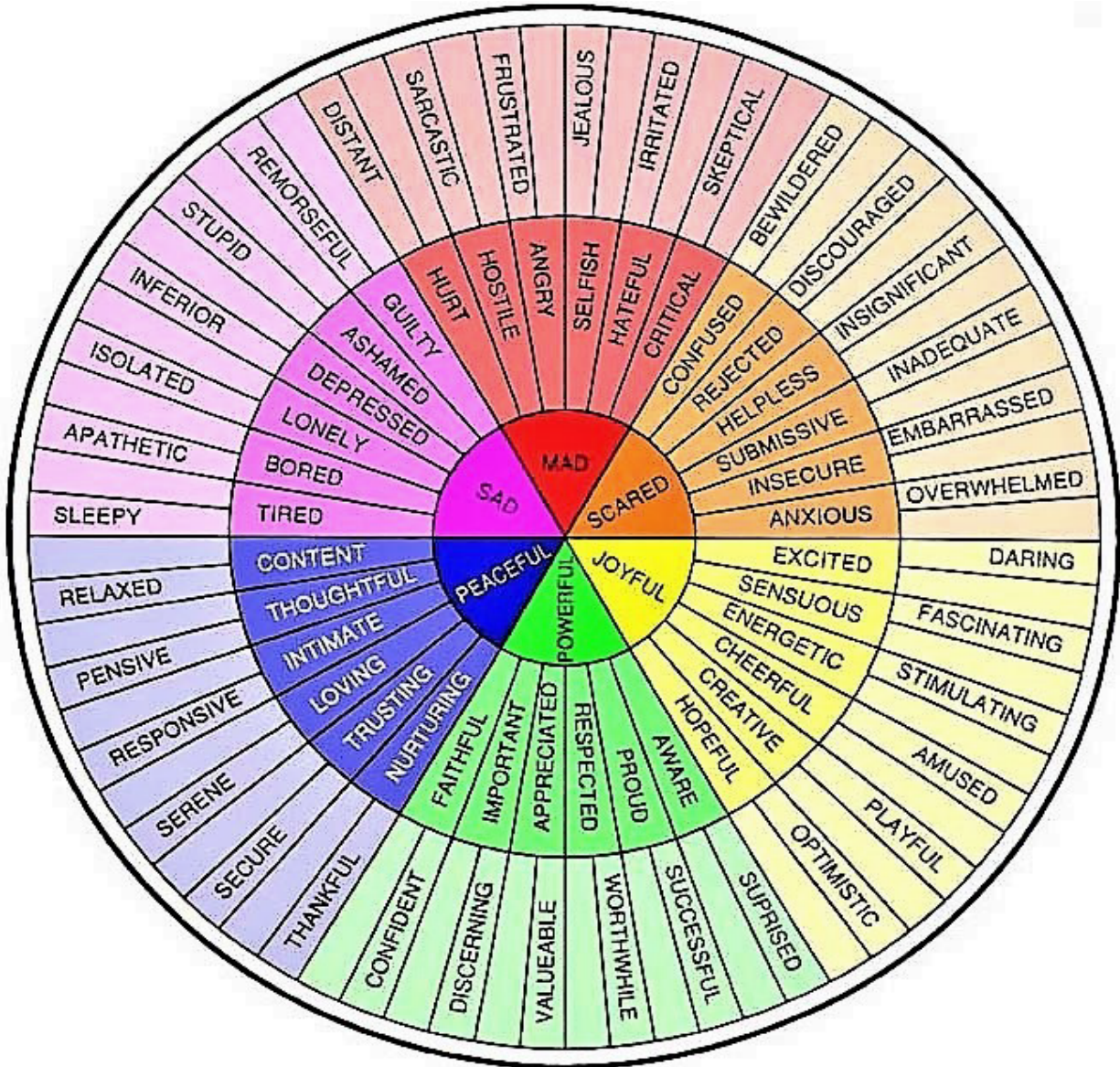
Workbook

7 to 7teen: What the Feeling?

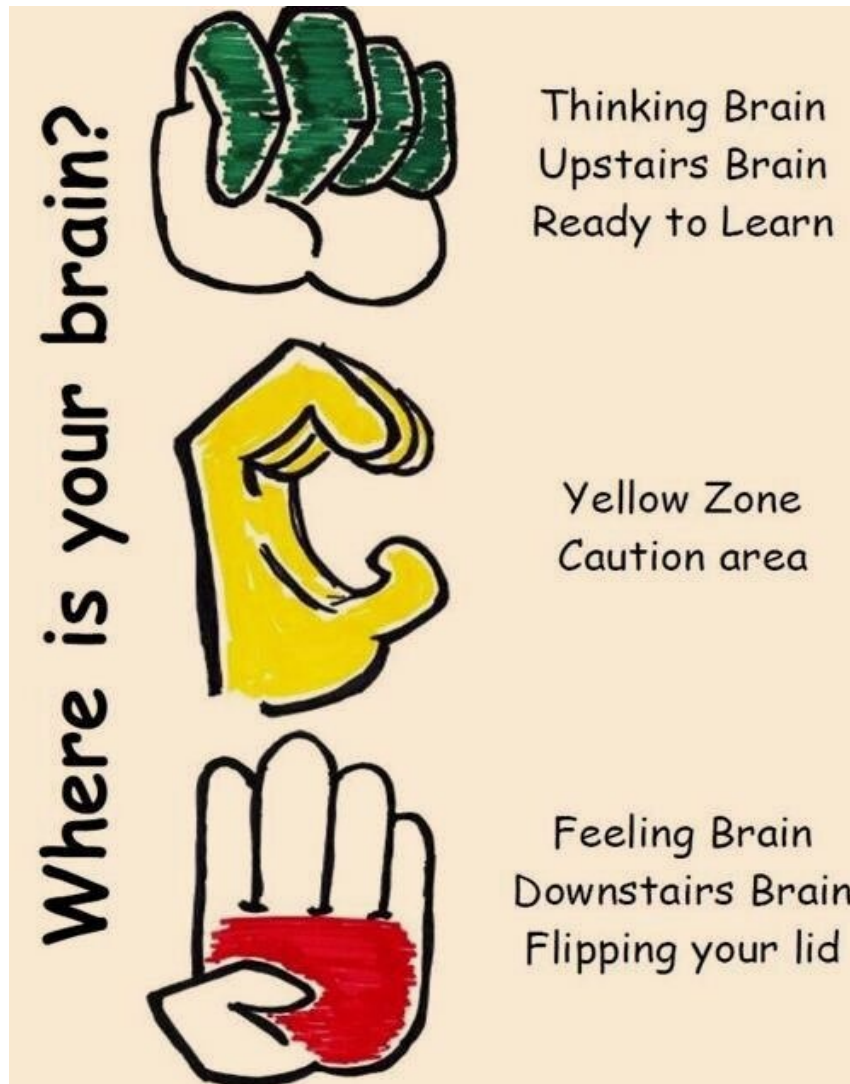
Identifying Emotions

This tool can be used to further explore and identify emotions for yourself and your child/teen.

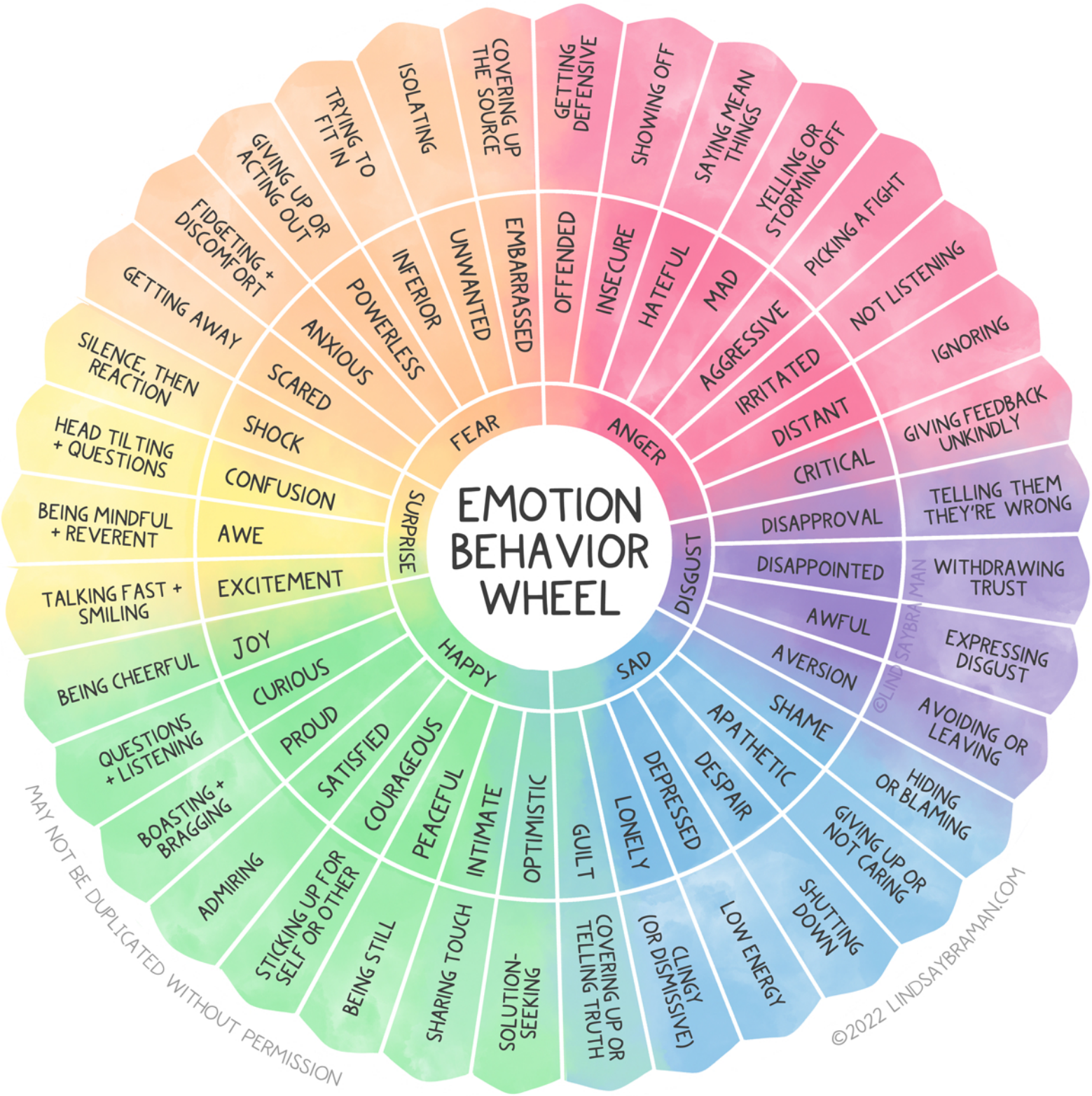
Emotion Wheel



The Brain and Emotions (Flipping our Lids)



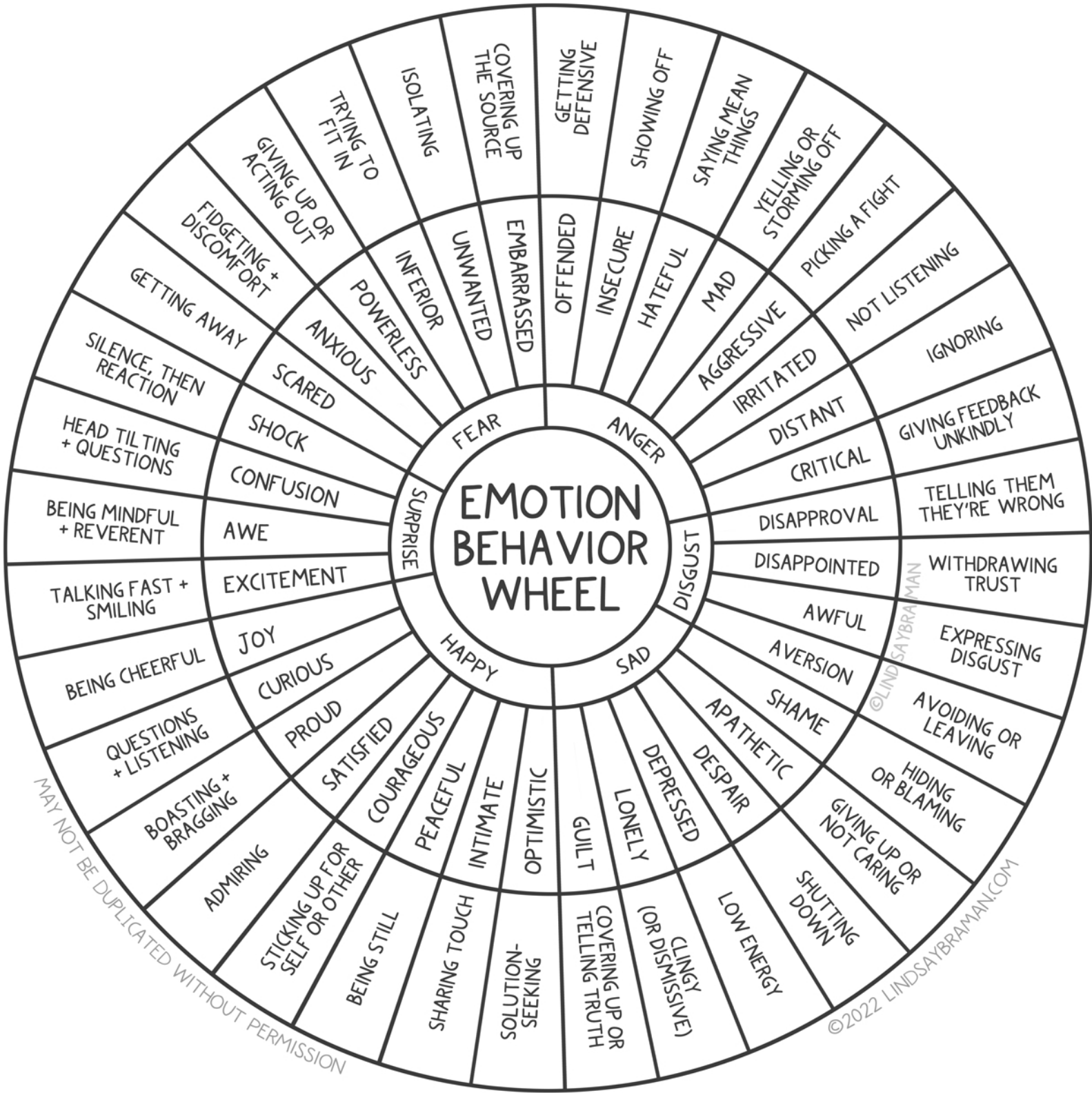
EMOTION BEHAVIOR WHEEL



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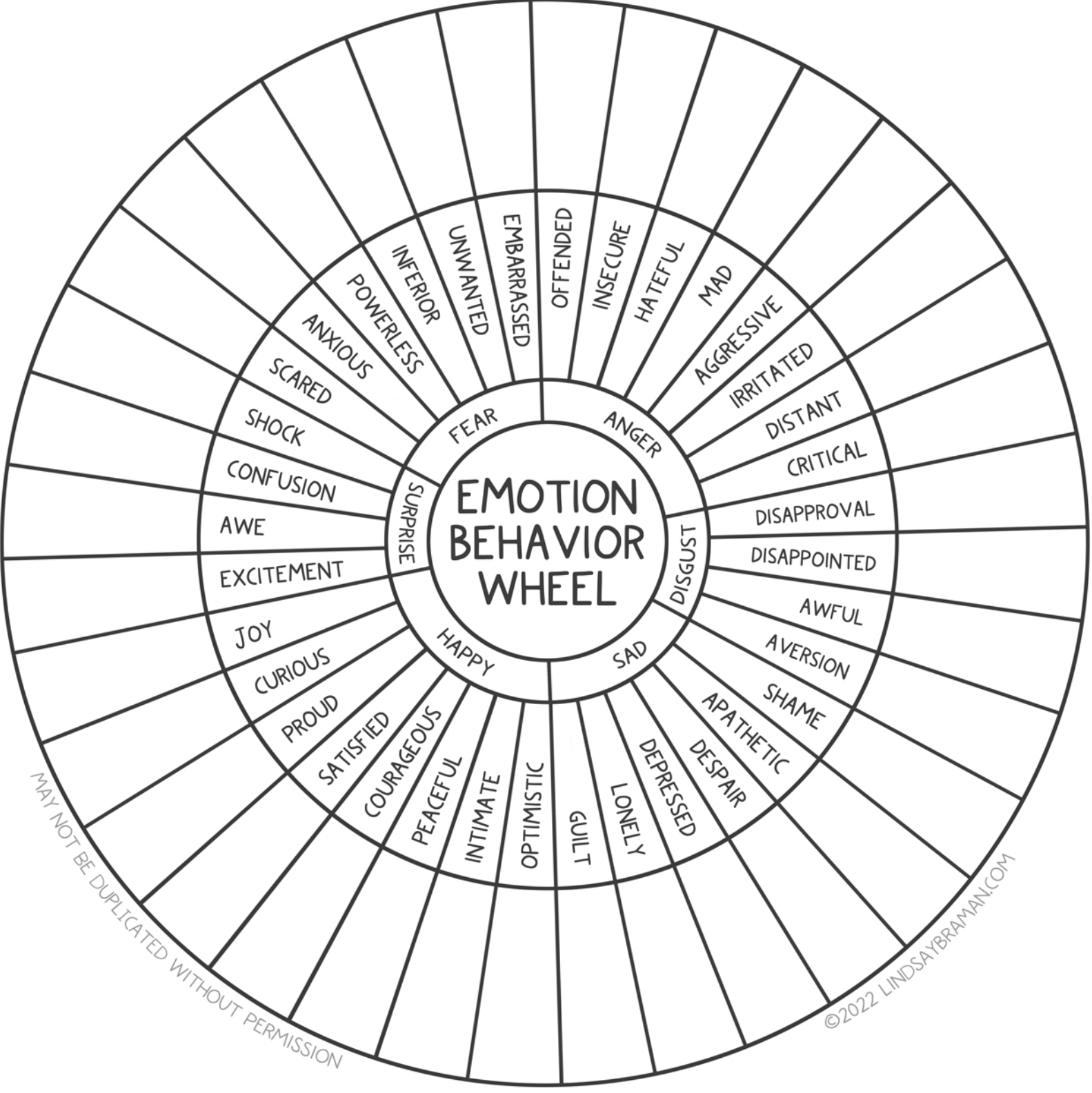
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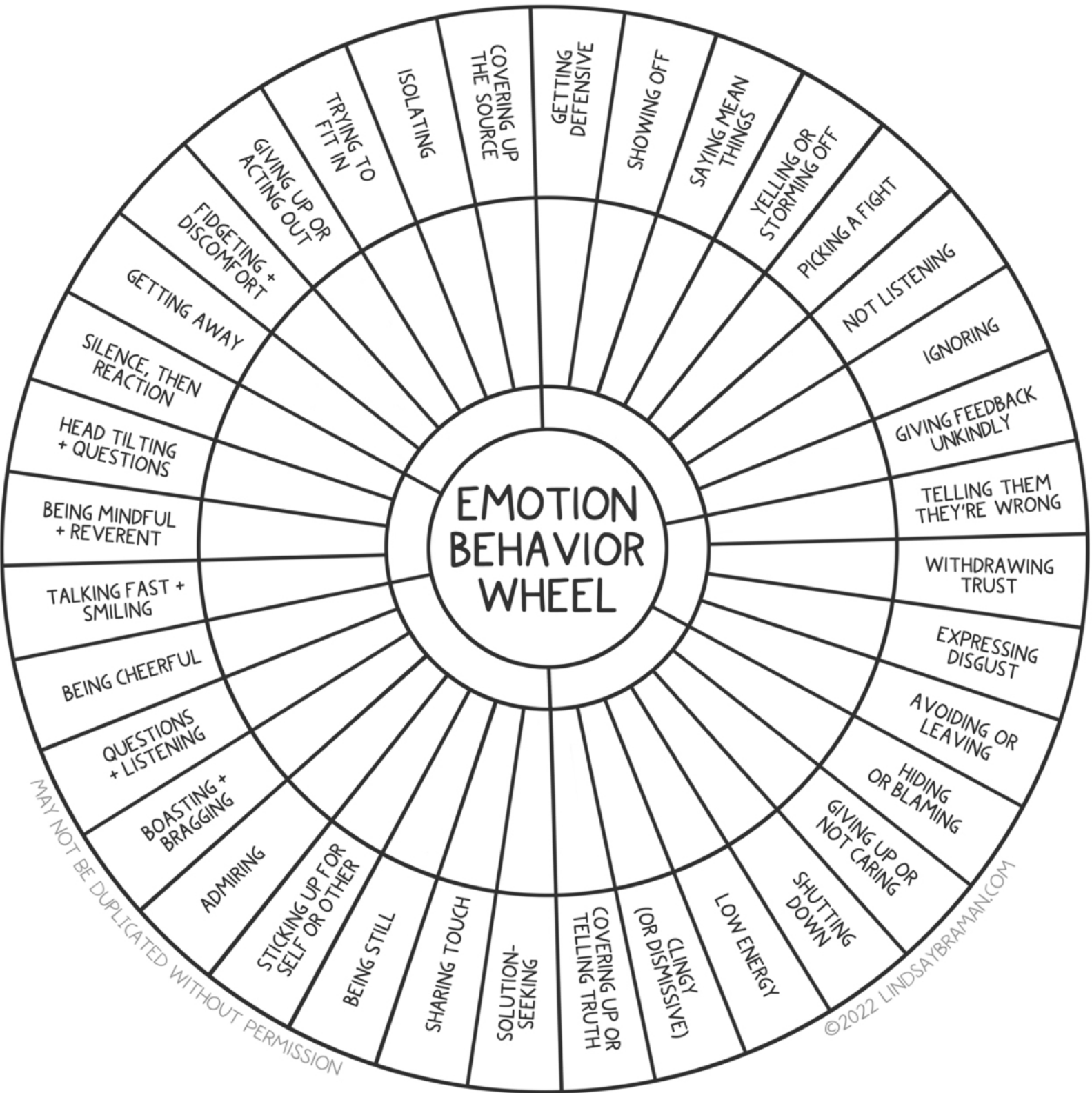
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EMOTION BEHAVIOR WHEEL



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Detecting the Clues: Understanding the Three Parts of an Emotion Worksheet

- Practicing Identifying emotion for yourself makes it easier for you to practice with your child
- Can you think of a recent experience of emotion for yourself or an example with yourself and your child?
- Remember, naming and identifying the emotion is the initial step that helps with emotion regulation (managing and understanding our expression of emotions)

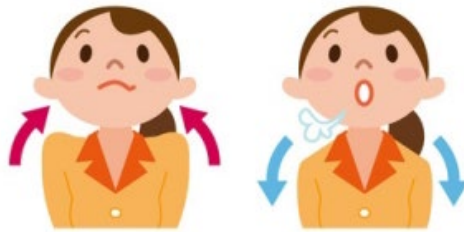
Situation (What happened?)	Thoughts (What I think?)	Body Cues/ Feelings	Behaviours (What I did?)	Emotion Identified

STOP SKILL

Stop and pause



Take a breath



Observe

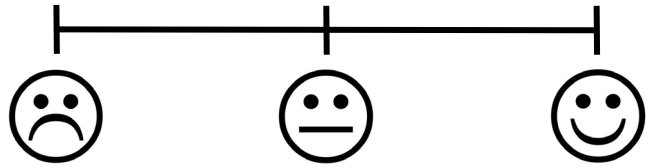


Practice

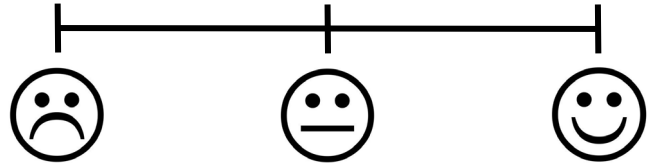


What Helps Me Feel Balanced?

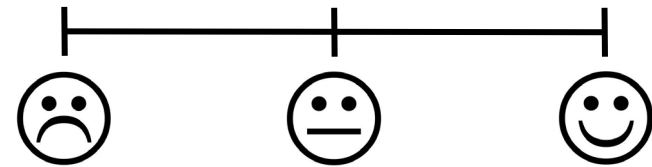
Eating



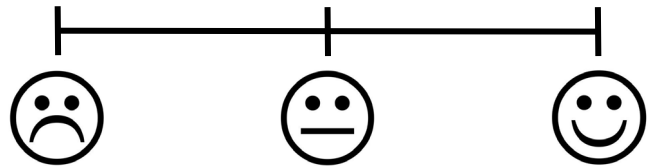
Relaxing



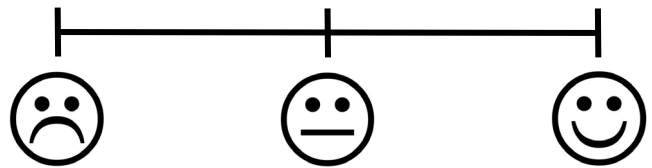
Enjoyable Movement



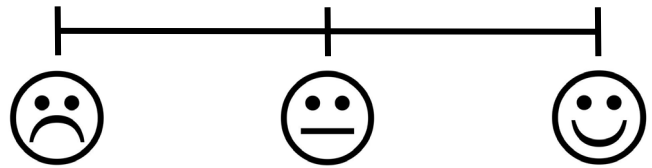
Sleep

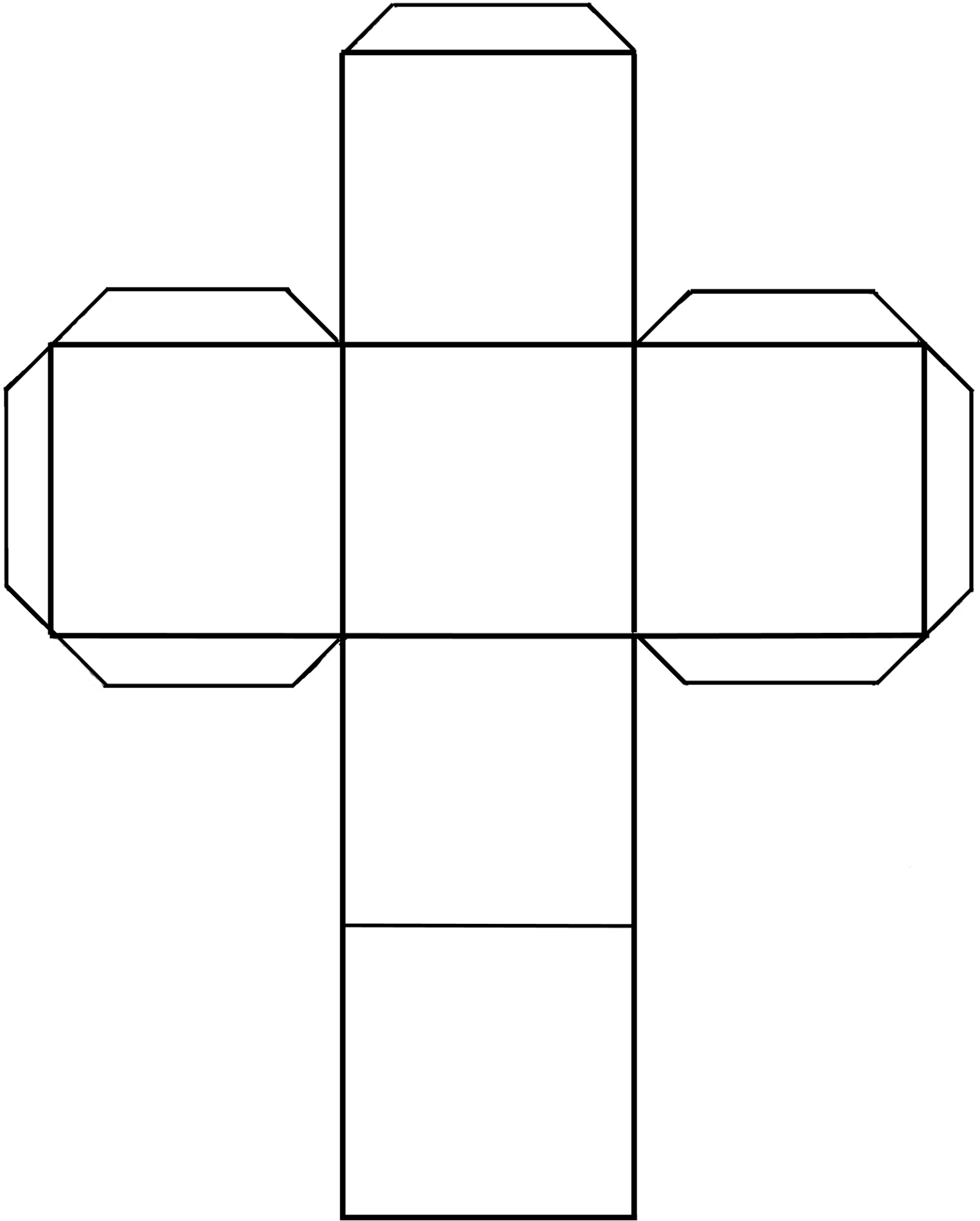


Talking to My Person/Connecting



Doing Something I Like





Goal Setting Sheet

(Your goal should answer the questions what, where, when, why and how?)

Things I'll Need to Reach My Goal: *(i.e. Tools such as the Dan Siegel Hand Model, Emotion Wheel, Detecting the Clues Table, STOP Skill, What Helps Me Feel Balanced tool or other tools that may support me)*

Who Can Help Me Reach My Goal? *(i.e. My mom, my dad, my teacher, my friend etc.)*