SESSION 2

INTRODUCTION TO GROUP THE PROCESS

OVERVIEW:

To provide a safe setting to begin learning how to identify, understand and acknowledge feelings. The goal of session 2 is to help members understand themselves and others. Each member will understand the difference between internal and external feelings.

Starting with session 2, each group session will begin with a feelings check-in. The purpose of the feelings check-in exercise is: The ability to identify feelings both in positive and negative experiences. Group members will share the high and low points of their previous week.

Exercise example: The best event of the week was...

I felt angry this past week when...

ICEBREAKERS:

* Snowball Story (including feelings)  Kindergarten - Parent
* Trust Walk  4th grade - Parents

WORKSHEETS:

* Feelings Chart  Kindergarten - Parent
* Taking Responsibility For My Feelings  Kindergarten - Parent

STORY:

* Wonder What I Feel Today  Kindergarten - Parents
* Jennifer Feels  4th grade - 8th grade
* The Story Of A Little Boy  6th grade - Parent

GAMES:

* Feeling Blocks  Kindergarten - Parents
* Act It..Draw It..Guess It  4th grade - Parent
* Feel Bingo  4th grade - Parent
SNOWBALL STORY
(including feelings)

Room Arrangement: Group circle, with the exercise following a clockwise pattern.

Ask for a volunteer to begin a story. The member will begin with "Once upon a Time..." He/she will begin the story with several sentences. Included in the story will be a description of how the character feels.

The story continues with the next member adding several sentences, which also includes the character’s feelings.

The story continues by each member adding their ideas (including feelings).

This icebreaker helps the students identify feelings with situations.
TRUST WALK

- Divide participants into groups of two.
- A member from each pair is selected to be blind folded.
- The second member from each pair will be the leader. The leader will lead the blind folded member safely around a selected area.
- After 3-5 minutes, each pair will switch roles.
- The exercise is repeated.

THE GOAL OF THIS EXERCISE IS TO UNDERSTAND THE DEVELOPMENT OF TRUST. THE "NO TRUST" RULE IS ONE OF THREE RULES EXPERIENCED IN A STRESSED ENVIRONMENT. STUDENTS NEED TO LEARN HOW TO TRUST POSITIVE ROLE MODELS.

Discussion:

- How is trust earned?
- Who can you trust?
- What is a best friend, how do you know you can trust him/her?
- How important is Confidentiality?

4th to Parent
FEELINGS CHART

EXTERNAL FEELINGS:
☑ Are reactions to the environment and other people.
☑ Blaming others for personal feelings (you messages, i.e., you did to me).
☑ External feelings can hurt others and misrepresent real feelings (internal).

INTERNAL FEELINGS:
☑ Are owned by the individual, and come from within.
☑ Are personal (I messages, i.e., I feel).
☑ Internal feelings are neither right or wrong, they are real feelings which belong to you.

FEELINGS

Happy  Clumsy  Mixed-up  Nice  Creative  Frightened
Sick    Smart  Mean    Good  Lazy    Dangerous
Bitter  Cool   Bored   Pretty  Pleasant Good Person
Loser   Cute   Funny  Winner  Beautiful Slow Learner
Messy  Neat   Dumb   Outgoing  Glad    Well-Mannered
Failure Plain  Realistic  Dreamer  Patient Supportive
Shy     Lovable Patient  Love   Bad     Hard worker
Sexy    Talented Quiet  Kind   Hurt    Successful
Sad     Nervous Tense  Sorry   Lost    Lonesome
Calm    Excited Glad   Playful  Great    Forgiving
Anxious Confused Relaxed Worried Special Disappointed
Jealous Peaceful Tired  Rejected Lonely  Frustrated
Mad    Nervous Fearful Proud  Scared Picked-on

Directions (use one or several suggestions for group activity):
1. Hand out ditto to each group member.
2. Discuss the difference between internal and external feelings.
3. Circle the feelings that are more likely to be external feelings, discuss how they might be harmful to yourself and others.
4. Mark internal feelings with a X, discuss how they feel judged by others at times.
5. Mark the feelings that you feel most of the time with a *. Continue with a discussion.
6. Discuss I messages and you messages. Break members into groups of two. Have the groups practice I and you messages. End with a discussion. REMEMBER: I messages are personal and do not attack another person. I messages are more likely to receive positive attention.

4th to Parent
Taking Responsibility For My Feelings

GOAL:

To gain awareness and insight into the personal responses of people, places and situations.

PROCEDURE:

Arrange group in a circle. The facilitator reads a sentence to the group, then asks them to restate it, using "I feel..." as the opening. The exercise will allow each group member to practice independent responsible thinking. Kindergarten -Parent

SENTENCE EXAMPLES:

1. When a boy/girl says hello to me, I feel ...
2. When I get money for doing a chore, I feel...
3. When I help a friend, I feel...
4. When I am asked to do something, I don’t ...
5. When I ask for help, I feel...
6. When I like people and they don’t like me, I feel...
7. When my parents don’t listen to me, I feel...
8. When my relatives use my things, I feel...
9. When I don’t understand something, I feel...
10. When I am given a compliment, I feel...
WONDER WHAT I FEEL TODAY?

Spiders on the wall last night, scary feelings deep inside.
Asked a question in my class, shyness made me hide.
Ride my bike, sing or draw, I feel the pride inside.
Not picked by friends for the team, my hurt and anger jump at me.
My best friend asked to play with me, I feel excited and alive.
End my day with a story, hug and kiss. My parents love so warm and tender!
My day is filled with many feelings, some I know and some I don’t try to understand!

AT SCHOOL I FEEL

AT HOME I FEEL

WITH FRIENDS I FEEL

DIRECTIONS: READ THE POEM TO GROUP MEMBERS. ALLOW MEMBERS 5-10 MINUTES TO DRAW FACES IN THE CIRCLES. ALLOW EACH GROUP MEMBER TO SHARE THEIR DRAWINGS. THE DISCUSSION SHOULD FOCUS ON THE TOPIC OF FEELINGS. THE GOAL OF THE EXERCISE IS TO BEGIN TO IDENTIFY FEELINGS.

KINDERGARTEN TO 3RD GRADE
JENNIFER FEELS...

Jennifer likes to feel good. She feels good when she plays with her friends or gets hugs from her mother. Jennifer has a soft, cuddly teddy bear that makes her feel warm. Jennifer also has a special friend named Jeremiah. She knows Jeremiah is a good friend because he always wants what's best for her.

But, Jennifer doesn't feel good all the time. Sometimes she feels sad or afraid or angry...just like anyone else. When Jennifer doesn't feel good, she knows she can talk to her friend Jeremiah.

As Jennifer grows, she sees her peers trying new things.

Some begin to smoke tobacco, they say it's "cool". Jennifer is curious and also wants to be cool. So she tries a cigarette even though it makes her feel sick. Some of Jennifer's other friends don't smoke. They don't think it's cool, so they stay away from Jennifer. Jeremiah is worried about his friend, he thinks smoking is dangerous.
When Jennifer enters Middle School, she continues to smoke but wants to experience other things. Her new friends say, "Try drinking alcohol, it will relax you and make you feel good." So Jennifer tries beer. Beer does relax her and makes her feel happy. The more she drinks the more relaxed and happy she feels. Jennifer feels alcohol helps her feel great! Jennifer's group of friends like to get high by drinking alcohol. Some of them feel okay when they're not high. But Jennifer feels sick and depressed when she isn't drinking.

Jennifer continues to drink more and more alcohol. Now she drinks several times a week. When she isn't drinking, she feels bad. She forgets about her friends and family. Jennifer doesn't like the way she is feeling, she also doesn't like the way she is treating her friends and family. But she doesn't know how to stop!

To feel better, Jennifer tries marijuana. It makes her feel care-free (stoned). She likes it a lot! It makes her wonder how other drugs would make her feel. So she continues to experiment with other drugs. Each drug is a new experience.

Jennifer continued to smoke tobacco, drink alcohol and use other drugs. As her use continues, she feels depressed and sick without the drugs. The tobacco, alcohol and drugs are now her best friend, they have taken control of her life. She is hooked!

One day at school a joint falls out of Jennifer's backpack, right in front of the vice principal. Her parents are called to school and she is suspended for possession. Her parent now accept that their daughter has a problem. They send her to counseling and to a support group. Jennifer realizes that tobacco, alcohol and other drugs are in control of her life. She also realizes that the friends that she hung around with are not good friends, because they don't want what's best for her.
After Jeremiah heard how much trouble Jennifer was in, he called her to see how she was feeling. Jennifer realized that Jeremiah is a good friend because he cares about her. Today with help, Jennifer feels good just being who she is. She enjoys being with family and good friends, like Jeremiah. She looks for healthy ways to feel "cool" and high!
Questions:

1. What are some of the feelings Jennifer experienced throughout the story?
2. How did alcohol, tobacco and other drugs make Jennifer feel in the beginning of the story?
3. As Jennifer continued to use tobacco, alcohol and other drugs, how did her feelings change?
4. What are some other ways Jennifer can feel good about herself?
5. As a good friend, what qualities did Jeremiah have?
6. What do you look for in a best friend?

DIRECTIONS:

Read the story to the group and follow up with the 6 questions at the bottom of the page. Hand out the story to each member. The pictures are for them to color. You could have a further discussion on picking good friends and involvement in healthy activities.

4th grade through 8th grade
THE STORY OF A LITTLE BOY

There once was a boy, he was a little boy. He dreamed of many things. He was going to fly planes. He was going to be a policeman. Sometimes when he was playing in the backyard with his trucks, he just knew he was going to be a truck driver. He loved to build. He loved to sing. He just knew he would do everything.

Sometimes when he would lie in bed late at night, the world would seem so big and he was so small. Dark shadows on the wall were big and scary. He kept his eyes on the closet doors making sure they were shut, until he was fast asleep. Fear filled his heart.

Sometimes he would wake up in the middle of the night. He heard crying. Daddy was yelling again. He hoped he wouldn’t hit her. He always did that when he had too much to drink. Sometimes things would break, crash and bang.

Daddy let him taste his drink. It tasted awful, he wondered "why do big people drink that stuff"? Sometimes he would lie on his bed, as tears rolled down his face. He was really scared.

One day this little boy said to his mommy, "Mommy I'm going to leave now. I'm big and I'm getting strong. There comes a time in a little boy's life when he just has to strike out on his own...to go where no man has gone before".

- He watched her carefully for her response.
- She didn’t see him,
- She didn’t hear him...
- He swallowed... he backed away.
- He ran violently to his room.
- He was going to go...He was really going to go.

He packed up some of his things and got the keys to his motor cart. It was a 1989, bright red, Mustang convertible.

- He was going to be somebody,
- Be all the things a little boy dreams of.
- He didn’t need them...He didn’t need them at all.

He began a journey that day, one from which he never would return. The little boy got on the highway... he started driving. At first he didn’t notice all the other little boys and little girls driving too!

- He was so angry...
- He drove...They all drove.
- They were going to change their world...
- They were going to show them.

Some didn’t know why they were driving. They were just going for the ride. Little Boy just cried... After a while, Little Boy got tired. The road was straight. It was long and he was getting bored.

He noticed a place where other cars were going... "What the heck", he thought, "Everyone else is going... it must be okay".

He turned off and to his surprise it was a carnival. Beautiful colors, clowns...great music. There were so many little boys and girls... no moms or dads.
Some of the kids scared him. They looked mean. Some looked like something was wrong with them... but everything else was cool. Many of his school and neighborhood friends were there, that felt comforting.

Still Little Boy felt all alone... Even though there were so many people, he was alone. He walked. He looked. He sat. After awhile some of his old friends came over to him. They had candy. It looked weird, but they said it was cool. Something inside said "NO!" but his hand reached out and opened.

- He looked in their eyes...He looked to the ground.
- His hand was full.
- He looked again with courage.
- He watched... He followed his friends.
- It felt good... He felt really good.
- For the first time he felt strong... He felt big.

- He could do everything he every wanted to do.
- He could be anything...He could do anything.
- He didn't need anyone.

But then, Little Boy noticed that some of his friends left. Some of them found their motor carts and went back to the highway. He kept thinking to himself,

"I better go back to the highway"... He wondered if his dad and mom thought of him often.

Little Boy stayed with his friends. He never made it back to the highway. The carnival wasn't fun anymore... He noticed that the clowns really only frowned. The music seemed to empty his heart of hope... The games never ended, the people always lied. He sold his motor cart.

Little Boy noticed that others who had once left always returned... and like him, eventually they never left. Fear, hurt despair ran through his heart. He was empty. He was used. He didn't feel good any more. The candy only worked for a little while.

As he grew older, he would tell others of his dreams, his plans, and his goals...They only laughed... because they knew he was powerless.

- He dreamed...
- He blamed others...
- He loved his candy.

Little Boy grew up into a man, a little boy inside a man... Little Boy never left the carnival to return home again.

- Little Boy never made it on his own...
- Little Boy remained at the carnival...
- a prisoner with the clowns.

by: Theresa De Groot O'Leary
FEELING BLOCKS

ROOM ARRANGEMENT:

☐ Group Circle.
☐ Exercise conducted in a random fashion.
☐ Option: the group member rolling the block, chooses the next member to roll.

MATERIALS NEEDED:

☐ Paper block in manual.
☐ Purchase wooden block from a crafts store, paint them, then print feeling words on the face of the blocks.

TO BEGIN:

☐ Each member will have a chance to roll the block (number of rounds depends on time allotted for the game).
☐ When a member rolls the block, they will share an experience related to the feeling that appears on the block.

Example:

I felt ___________________________ when ___________________________
I am most ___________________________ when ___________________________
A time I felt ___________________________ was ___________________________
Describe the feeling ___________________________
When I am ___________________________ I ___________________________

GOAL:

☐ To help students identify feelings.
☐ To help students verbalize feelings, instead of acting out feelings.

Kindergarten to Parents
Use the die pattern below and make a tagboard die. The die can be used in several activities in the manual. You can also make feeling blocks out of wooden blocks purchased at a crafts store.
Divide group members into 2 teams.

Team #1 picks a feeling (the feelings chart, in the manual, can be used). Cut into individual feeling words into strips.

A member from team #1 has the option to draw or act-out the feeling.

Team #2 has 2 minutes to guess the feeling. If team #2 guesses the feeling word in two minutes, they receive 1 point.

- The feeling is discussed after each play.
- Teams alternate turns guessing.

GOAL: To help students share & identify feelings.

MATERIALS NEEDED: Timer & strips of paper with individual feelings.
FEEL BINGO

1. Pass a playing card to each group member.
2. The facilitator will randomly pick a scenario (see manual), then read it to the group.
3. The facilitator will pick a number and call it out to the group.
4. Each group member who's card has the number called, will choose a feelings that best identifies with this scenario.
5. Based on the feeling chosen, they will pick a color marker from the feelings chart (i.e. sad = blue marker).
6. They will then place the color marker on the number called.
7. The game will continue until the 1st member covers a FEEL row either across, down or diagonal.
   • NOTE: for further discussion, the facilitator may ask if there are any other feelings that best relate to the scenario?

SCENARIO

1. Mandy was Brittany's best friend during the time Brittany's parents were getting a divorce. Suddenly Brittany doesn't want anything to do with Mandy. Mandy feels?
2. Tony's friends did not invite him on their camping trip. Tony feels?
3. Nancy got an A on her math test. Nancy feels?
4. Sara's classmate threatened to spread nasty rumors about her if she didn't do what she was told. Sara feels?
5. Jody was a new student in class and was invited to a party over the weekend. Jody feels?
6. Diane's sister often teased her and called her names. Diane feels?
7. Deann's boyfriend broke up with her last night. Deann feels?
8. Jason lost his paper rout because he didn't collect money when it was due. Jason feels?
9. Tammy heard her parents arguing about her. Her father said she was a "pain in the neck". Tammy feels?
10. Ken was innocent, but his teacher accused him of cheating on an exam. Ken feels?
11. Jim hit a home run in the 7th inning to win the game. Jim feels?
12. Martha is the 2nd of 3 kids. Her parents took just Martha on a weeks vacation. Martha feels?
13. Kim worked very hard on her homework and it turned out she did the wrong assignment. Kim feels?
14. John was surprised when his parents came to watch his final basketball game of the season. John feels?
15. Some kids were whispering about Shirley behind her back. Shirley feels?
16. Phil was waiting in line when someone cut in front of him. Phil feels?
17. Jill was innocent, but a classmate accused her of stealing a pencil. Jill feels?
18. One of Bill's classmates borrowed his baseball glove and never returned it. Bill feels?
19. Joyce wasn't asked to join a group of girls who were walking home from school together. Joyce feels?
20. The kid sitting next to Mike laughed when he saw the bad grade that Mike had gotten on his test. Mike feels?
21. Amy's sister told her she was too fat to ever get a date. Amy feels?
22. Laura's parents got into a fight last night. Her father walked out of the house and hasn't come back. Laura feels?
23. Betty came home after a hard day's work at Taco Bell, her favorite dinner was cooked by both her parents. Betty feels?
24. Stanley received a letter from his best friend whom he hasn't seen for six months. Stanley feels?
25. Kathy volunteered to be Santa's helper at the Children's Orphanage Christmas Party. Kathy feels?
26. Lisa played a game fairly but was told by another girl that she was cheating. Lisa feels?
27. Katy found out that an attractive cheerleader was dating her ex-boyfriend. Katy feels?
28. Steven worked very hard to earn the student of the month award. He lost it to Dennis, who is the most popular kid in school. Steven feels?
29. Joan's father has decided to marry a women whom she doesn't like. Joan feels?
30. Tom's was home alone for the weekend and kept hearing loud noises outside his window. Tom feels?
31. Linda was asked to go to the school dance by one of her older brothers' friend. Her older brother Ed said, "No one takes my little sister out". Ed feels?
32. Amy's sister told her she was too fat to ever get a date. Amy feels?
33. Steven didn't feel a part of the team. Every time someone whispered, he thought they were talking about him. Steven feels?
34. Today is Mark's 1st day of high school. The campus is so big and he couldn't find his 1st period class. Mark feels?
35. Troy was taking a multiple choice history test. He struggled with one of the questions because the two of the answers were similar. Troy feels?
36. Jennifer was chosen most improved player on her volleyball team. Jennifer feels?
37. Bob and Sue entered a pie eating contest. They ate so much pie they got sick. Bob and Sue feel?
38. Mary invented a new board game. Her friends could not understand the directions as she attempted to explain
# NUMBERS CALLED

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