



# Noticing Your Emotions Activity

SEL Learning Session for PPS Board of Directors

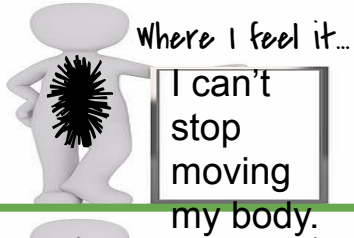




# Step 1

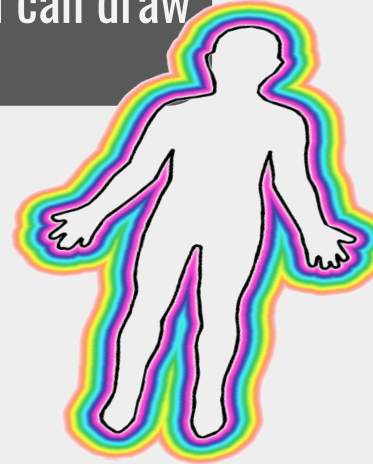
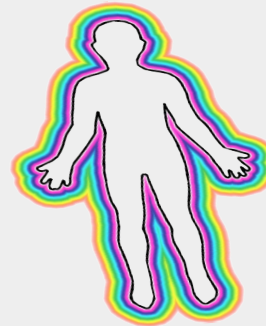
1. Find the slide with your name in the notes.
2. Add pictures or words that describe how your body reacts when you are feeling the corresponding emoji.
3. Please find an example on the next slide.





Many times we can feel our emotions in our body. Maybe our hands sweat or our heart beats faster. Think about a time when you felt a strong emotion that matches the emojis. How did your body react to the feelings?

Check out some examples and then add your own to the first page. You can draw pictures, write or both!





# Step 2

1. Use the same slide from step 1 with your name in the notes.
2. Add pictures or words that identify what tool you might use when feeling each of the emotions. Remember, choose a tool that helps you get back to calm.
3. Please find an example on the next slide.





What I can do...  
Ask for help  
from an adult

What I can do...  
Take 3 square  
breaths.

What I can do...  
Do 15  
jumping jacks

What I can do...  
Keep doing  
what I'm  
doing!

What I can do...  
Call a friend

Think of a tool that you could use for each of these emotions. Our goal is to use tools that help us get back to calm--the green emoji. Maybe something from the Resilience Toolkit might work! Check out the examples and then add your own to the first page.



**Our bodies give us hints about how we are feeling.**

**When we listen to those hints we can choose tools that help us feel calm.**

What I can do...

What I can do...

What I can do...

What I can do...

What I can do...



**Our bodies give us hints about how we are feeling.**

**When we listen to those hints we can choose tools that help us feel calm.**

What I can do...

What I can do...

What I can do...

What I can do...

What I can do...



**Our bodies give us hints about how we are feeling.**

**When we listen to those hints we can choose tools that help us feel calm.**

What I can do...

What I can do...

What I can do...

What I can do...

What I can do...





**Our bodies give us hints about how we are feeling.**

**When we listen to those hints we can choose tools that help us feel calm.**

What I can do...

What I can do...

What I can do...

What I can do...

What I can do...



**Our bodies give us hints about how we are feeling.**

**When we listen to those hints we can choose tools that help us feel calm.**

What I can do...

What I can do...

What I can do...

What I can do...

What I can do...



**Our bodies give us hints about how we are feeling.**

**When we listen to those hints we can choose tools that help us feel calm.**

What I can do...

What I can do...

What I can do...

What I can do...

What I can do...



**Our bodies give us hints about how we are feeling.**

**When we listen to those hints we can choose tools that help us feel calm.**

What I can do...

What I can do...

What I can do...

What I can do...

What I can do...



**Our bodies give us hints about how we are feeling.**

**When we listen to those hints we can choose tools that help us feel calm.**

What I can do...

What I can do...

What I can do...

What I can do...

What I can do...



**Our bodies give us hints about how we are feeling.**

**When we listen to those hints we can choose tools that help us feel calm.**

What I can do...

What I can do...

What I can do...

What I can do...

What I can do...



**Our bodies give us hints about how we are feeling.**

**When we listen to those hints we can choose tools that help us feel calm.**

What I can do...

What I can do...

What I can do...

What I can do...

What I can do...