

Topic: Identifying Emotions

Breathe

Let's try 4-7-8 breathing today. The 4-7-8 breathing is a method described as a 'natural tranquilizer for the nervous system'. It helps to quickly reduce tension and allowing the body to relax.

Always notice how relaxed you feel on a scale of 1-10 before starting and then again after the deep breathing technique.



Learn

Have you felt sad, angry, happy, jealous, guilty, annoyed, proud, or worried today? **All feelings are valid.** People often feel more than one emotion at a time and there are multiple causes, even feeling an emotion about another emotion!

It is important to understand our emotions so that we can learn how to express them in productive ways and use strategies to cope with negative ones. Can't figure out how you are feeling, try to change your perspective and ask yourself, *"If I was watching a movie, where the person experienced X, what would they be feeling, need to do, communicate or need?"*

Name it and Doodle It! 5 minute activity-- grab a paper or your journal and drawing utensil!

Move

Time to blast away stress and anger and sadness with some fun Zumba kickboxing!

Exercise releases endorphins, which are natural chemicals in your body that create feelings of happiness.



Grow

In your journal:

Being grateful can change our emotional state, especially when things are difficult. **What are 3 things you are grateful for?**

Or participate in the Kindness Challenge

[30 x 1 x 10]

-30 days,

-1 person,

-10 minutes of kindness

From Character Strong

[Watch the Challenge Video](#)



Check in with yourself 3 times today. What are the different emotions you experience and why?