

“Back Pack”
(Becoming the Boss of My Own Feelings)

Purpose: The purpose of this activity is to: 1. Help students learn how to protect their feelings from getting hurt, 2. What to do when feelings get hurt and 3. Learn how to become the Boss of his/her own feelings.

Materials: Cute/fun Back Pack, Koosh Ball (or other type of Tentacle ball) Lanyard, Box and copies of the Back Pack stickers found at the end of this activity. You'll need to obtain the sticker paper, insert in your printer and then make copies using the Sticker template (last page of activity.)

Student Materials: None.

Time: Approximately 20 minutes.

Key Concepts: Feelings, Staying Safe, Protection and Being the Boss of your own Feelings.

Introduce/Re introduce: Self to Students. Ask about the last activity you did together. Let them know they'll be having a lot of fun today and will learn some really cool and helpful things they can tell their families about

Part 1

Show & Tell: Students about your back pack (the cute & fun one.)

State: I notice that lots of boys and girls on our campus have back packs.

Generate: Interest with the kids by raising questions about their back packs.

Survey: By a show of hands how many of the students:

1. Have a back pack of your own.
2. Have zippers on your back pack.
3. Have straps on your back pack.
4. Have pockets on your back pack.
5. Are the Boss of your own back pack.

Part 2

Ask: Students about some of the things they keep in their back pack.

Survey: By a show of hands how many of them:

1. Keep books in your back pack.
2. Keep pencils in your back pack.
3. Keep their lunch in your back pack.
4. Keep a hat, jacket and or mittens in your back pack.
5. Are the Boss of the stuff you keep in your back pack.

Part 3

State: I can tell many of you feel happy & excited right now thinking about and talking about your back packs!

Say & Ask: That's got me thinking. If you could see your feelings under a microscope or magnifying glass what do you think they would look like?

State: I'm not sure what your feelings look like but some boys & girls describe their feelings as looking something like this (pull out your feelings ball from the back pack.)

State: This is what feelings might look like if we could see them with a magnifying glass or microscope and the back pack is a place you might want to keep them sometimes.

Ask: Students where they also might keep their feelings?

Gather: Responses (Tummy, head, arms, brain, heart, etc.)

Announce: Some boys and girls even keep their feelings on a lanyard or necklace!

Recruit: A volunteer and on that volunteer place the lanyard and attach the feeling (Koosh) ball to the lanyard.

Have: That volunteer jump, hop & skip around the room without holding onto the feeling ball.

Have: That same student walk between the rows, tables and desks of the other students as well.

Announce: The feeling ball was sure getting bumped around and tossed a lot!

Gather: Applause for that volunteer and return to his/her seat.

Place: Feeling ball into the box.

Recruit: Another student and have that student protect the box while walking ever so carefully between the rows, tables and desks of the other students then return back to you.

Announce: The feeling ball probably didn't even know it was around so many people since it was kept so well protected!

Gather: Applause for that volunteer and return to his/her seat.

Place: Feeling ball into the back pack (the one you introduced to the kids in the beginning.)

Recruit: Another student and have that student wear the back pack and walk up and down & between the aisles, rows and desks of their classmates and stopping two or three times along the way (on your direction) to take out the feelings ball and share (touch) with their friend.

Gather: Applause for that volunteer and return to his/her seat.

Part 4

Share: With the students that the lanyard is usually not a great or safe place for kids to keep their feelings. People who usually keep their feelings “out there” usually get them hurt a lot by other people either by accident or on purpose.

Share: Keeping feelings in a box keeps them protected from other people and from getting hurt so it’s better than a lanyard that way. Still, when people keep their feelings in a box and don’t share them with anybody they usually start feeling scared, lonely & sad.

Share: Keeping your feelings in a back pack is a pretty good idea since you’re already the Boss of your back pack. When you’re the Boss of your feelings you can choose who to share them with just like our volunteer (name) did earlier. Plus, having your feelings in your back pack might help other people to remember to be more careful with your feelings too!

Share: No matter where you decide to keep your feelings like in your eyes for the things you see, in your ears for the things you hear or in your heart for the things you feel, you can always get help from a counselor in learning how to be the Boss of your own feelings.

Part 5 (Optional)

Have ready: Individual back pack stickers (see below) cut out and prepared to be distributed by their teacher at the end of the day.

Show & Tell: About the sticker. The sticker is a great way to help remind other people to be careful of not hurting each other’s feelings.

Have: Students place sticker in their back pack to take home and share with parent.

Encourage: Students to wear stickers on their back packs the next day!

