

Listening To Your Feelings

(Trusting your feelings & getting safe)

Purpose: 1. To increase student awareness of the role sounds have in creating their feelings. 2. Students will be encouraged to trust their feelings even if their understanding of the sound is in doubt and 3. Students are further encouraged to stay calm & get to a feeling (and place) of safety when feeling worried, anxious, nervous or scared.

Materials: Video playback equipment (monitor & speakers) and access to the internet.
http://www.youtube.com/watch?v=hYBTyatsFf8&feature=plcp&safety_mode=true&persist_safety_mode=1&safe=active

Student Materials: None required.

Time: 20-25 Minutes.

Key Words/Concepts: Thoughts, Feelings, Listening, Doubt, Safe, Excited, Worried, Nervous (Anxious) & Scared.

Introduce/reintroduce: *Often, it's a time saver to email/contact the classroom teacher before arriving to class with the link to the video and or fiftystepsclouser website and request to ensure the connection is available and that the speakers and monitor are working properly.

Remember the kids are going to like you. They will see you as kind, patient and supportive. You're going to be friendly, encouraging and uplifting while providing them with structure and guidance. You may very well be the one person at this time in their life who demonstrates the qualities they wish the adults in their home lives possessed. All you have to do is to be yourself=)

Part 1

Review: Several feeling words that the kids will be using today: Safe, Excited, Worried, Nervous/Anxious & Scared.

Recruit: Volunteers to give examples of feeling: Safe, Excited, Worried, Nervous/Anxious & Scared.

Inform: Students that they'll be watching & listening to a video for part of the counseling activity and that they'll need to be really good listeners during the video because they will be asked questions about the sounds they hear (Listening Test.)

Part 2

Begin/Play: Video.

Read Aloud: The script on each of the first few slide segments (without pausing.)

Pause Video: When you arrive at the first notebook paper page with blue script asking:

How did you feel?

Safe?

Excited?

Worried?

Nervous/Anxious?

Scared?

Read: The question “**How did you feel?**” a loud to your students.

Ask: Students (as a class) to raise their hands (or stand) if as a result of the sound they heard felt (student’s may only choose one of the following feelings per sound)...

Safe.	(raise hand)
Excited.	(raise hand)
Worried.	(raise hand)
Nervous/Anxious.	(raise hand)
Scared.	(raise hand)

Repeat: Process for each blue script pages (14 in all.)

Pause: Video towards the end on the green chalk board with white writing that begins to explain the three real challenges of counseling.

Read Aloud: #1 Always listen to your feelings.

Play: Continue video.

Read Aloud: #2 & #3 while video is still playing.

Pause: Video when you reach the next green chalk board with white writing that explains what counselors do.

Read Aloud: Counseling explanation and explain as needed how counselors help.

Part 3

Ask: Students if they liked the video!

Direct: Students to raise their hands if they think they passed the Listening Test.

Ask: Was your success on the Listening Test based on the sounds you recognized or was it because you really listened to what you were feeling? (Maybe both=)

Discuss: With students how important it is for animals/critters to really listen to the sounds in their environments to stay safe.

State: “Critters don’t have names for the sounds they hear they just trust their feelings. It’s not always safe for them to wait and try to figure out the sounds they hear.”

Examples: Mice feeling scared or nervous of trap snaps.
Deer feeling worried or nervous of Lion roars.
Bunnies feeling scared or worried of growling dogs.
Dogs feeling afraid or scared of screeching tires.

Announce: Like critters, people should trust their feelings too especially when they’re feeling worried, nervous, anxious or scared! It’s not always safe for you to wait and try to figure out the sounds you hear.

Examples: Kids being worried or nervous when sirens go off.
Being anxious or scared when gun shots are fired.
Feeling scared or worried when fire alarms go off.
Being anxious, worried or scared when we hear grow ups fighting.

Ask: Does anyone want to share a time when you felt worried, nervous or scared and what you did to get safe?

Part 4

Inform: Students that Counselors help people to

1. Listen & Trust their feelings.
2. Not to Panic.
3. Get to a place/feeling of safety.

Talk About: Safety plans, places to go & numbers to call in case of 911 “Feeling Emergencies.”

Call Upon: Volunteers to share their safety plans for any of the following:

1. At school when a fire alarm goes off.
2. At home when/if house alarm goes off.
3. With friends if a stranger approaches.
4. At school during a “lock down.”
5. At home alone if you hear window glass breaking.
6. With friends a car tires screech and want you to get in.
7. At home and a police search helicopter flies over your neighborhood.
8. At school and a stranger grown up says their supposed to drive you home.
9. At home when grow ups are fighting (not arguing.)
10. Somebody is backing you into a corner and you can’t get away.

Thank: Students for being such a great class and remind them if they ever need help staying safe that you're one of the people who can help them. That's what counselors do...Help people be safe=)