

Lesson 2 Facilitator Guide

Everyday & Overwhelming Feelings



Procedure

Slide 1-2: Introduction

Facilitator says “Today we are going to talk about mental health and feelings. We are going to talk about everyday feelings like happiness, sadness, being disappointed or frustrated. We are also going to talk about overwhelming feelings like loss, grief, despair, rage, or loneliness. Everyday feelings come and go and are a normal reaction to what happens in our daily lives. Overwhelming feelings hang around for a long time, change the way we feel and behave and may stop us from doing what we enjoy.”

Slide 3: Feeling Thermometer

Facilitator says: “Let’s think about how you are feeling right now. Where are you on the feelings thermometer?”

Facilitator says: “The feeling thermometer is a tool that helps us measure the intensity of our feelings or emotions. As we climb up in temperature, from green to yellow to red on the thermometer, our feelings become more uncomfortable.”

Facilitator asks: “How can we explain everyday feelings and overwhelming feelings using this thermometer?”

Facilitator invites students to identify and share where they are on the feelings thermometer.

Consider connecting to other influences. This is a great opportunity to explain how music, movies, other media, etc. influence feelings. If we know a song makes us sad/angry, we can be aware of that when we may be having an overwhelming feeling vs. a song that makes us feel peaceful/calm.

Slide 5: Show video.

Facilitator prompts students to be on the lookout for everyday feelings and overwhelming feelings in the characters, Sasha and Andre.

Slides 6-9: Discussion questions (expected responses italicized)

- How are the feelings that Sasha and Andre are feeling different?
 - *Sasha has everyday feelings, Andre has overwhelming feelings.*
- What does Sasha do to cope when she is feeling really stressed?
 - *She talks to her mom, takes a break*
- Who does Andre talk to about his overwhelming feelings? Who is Andre's Trusted Adult?
 - *He talked to his teacher*
- Overwhelming feelings can be difficult to admit or talk about. What made it difficult and stressful for Andre to talk about his mental health or to ask for help?
 - *He didn't think his friends would understand.*

After The Daily Mile

Facilitator says, "Think about the feeling thermometer we talked about prior to our run. How are you feeling now? How did the run we just did change your feelings?"

If desired, discuss as a group or in pairs.

Additional Resources

Find more free resources on mindfulness and social emotional learning through physical activity using the links below!

- a. [Erikas Lighthouse Resource Portal](#)
- b. [The Daily Mile Social Emotional Learning](#)