

This is an absolutely beautiful little comic book to support young people to understand their feelings. -Dale

Listening to Your Feelings

IF FEELINGS COULD TALK, "SADNESS" MIGHT BE TELLING YOU THAT YOU NEED A HUG.

"TIREDNESS" MIGHT BE TELLING YOU THAT YOU NEED TO REST.

"WORRIED" MIGHT BE TELLING YOU TO TALK TO SOMEONE YOU TRUST.

"CONFUSION" MIGHT BE TELLING YOU THAT YOU NEED HELP OR CLARIFICATION.

"ANGER" MIGHT BE TELLING YOU TO ACT WHEN SOMETHING UNFAIR OR WRONG HAS HAPPENED.

AND "HAPPINESS" MIGHT BE TELLING YOU TO DO MORE OF WHAT MAKES YOUR HEART SMILE AND TO SHOW APPRECIATION.

WHAT IF SOMETHING BAD HAPPENS GRANDMA?

HEY, DAD, COULD YOU HELP ME, PLEASE?

The more feeling words you know, the more you will learn about yourself.

ME, TOO!

And the better you will get at saying what you need.

And you'll get better at understanding how others feel... Which will make you a better friend, too!

Feelings Thermometer

One of the easiest ways to build your vocabulary is to group feelings that are related to each other, and then rank them by their intensity level.

1. Cross out the feeling that doesn't seem to belong in each group.
2. Organize feelings based on their energy level. Write your answers down.



The Feelings Comic Book for Kids has everything you need to teach your students or children **ALL ABOUT FEELINGS.**

WHAT'S SO COOL ABOUT THIS SEL RESOURCE:

- 50+ page Feelings Workbook filled with engaging COMICS and FUN WORKSHEETS. Even the most reluctant readers will love it!
- Contains 8 chapters that can be broken up and taught as mini-lessons. Or combine chapters for a longer class session or group.
- TONS OF USES!** Great for counseling & SEL lessons (just use the digital slides and project on your whiteboard), morning meetings, classroom discussions, SEL block, small groups, individual counseling, homeschool, or family reading! You can even place a copy in your calm corner!



Comic books are a good way to relate to your students and make learning about feelings a little bit more fun!
-Carly

Dealing With Your Feelings

IT'S PRETTY EASY TO WELCOME AND HANG OUT WITH THE MORE COMFORTABLE AND FRIENDLY KINDS OF FEELINGS THAT COME OVER TO SAY, 'HI'

COME INSIDE STAY AS LONG AS YOU LIKE!

BUT WHAT ABOUT WHEN THE BIG AND UNCOMFORTABLE FEELINGS STOP ON BY? WHAT ARE THE BEST WAYS TO EXPRESS YOUR FEELINGS FOR THOSE MORE CHALLENGING TIMES?

SOMETIMES I JUST DON'T KNOW WHAT TO DO WITH YOU

SOME OTHER HEALTHY WAYS TO GET YOUR FEELINGS OUT ARE TO WRITE, PAINT, DRAW, SING, BUILD, AND DANCE ABOUT THEM.



WHEN THINGS SEEM OVERWHELMING OR TOO MUCH,

SLOW DOWN AND MAKE A PLAN DEAL WITH WHAT'S BOTHERING THERE'S NO NEED TO RUSH!

LAST BUT NOT LEAST, PAY ATTENTION TO WHAT YOUR FEELINGS ARE TRYING TO TEACH YOU

FOCUS ON THE THINGS WITHIN YOUR CONTROL.

NOTICE UNHELPFUL THOUGHTS: CHALLENGE THEM AND LET IT GO.

TRY TO MAKE THINGS BETTER WHEN YOU MAKE A MISTAKE.



FOCUS ON YOUR SENSES AND TAKE A RELAXATION BREAK



TO LEARN MORE ABOUT YOUR FEELINGS

THIS FEELINGS COMIC BOOK TURNS ABSTRACT CONCEPTS INTO SOMETHING:

- CONCRETE
- DEVELOPMENTALLY APPROPRIATE
- EASY + FUN TO UNDERSTAND FOR KIDS!



TOPICS COVERED

- -Everyone has feelings (normalizing all feelings)
- Mixed feelings
- Feelings are like visitors that deliver important messages
- Recognizing feeling sensations, including comfortable/uncomfortable, big energy/small energy
- Identification and labeling
- Feelings aren't bad or good
- Fight-Flight-Freeze feelings
- Feelings are meant to be felt; when you try to shut out certain feelings, ends up shutting out other feelings you may actually want to feel
- Listening to your feelings; if feelings could talk what would they say
- Healthy versus unhealthy ways to express and cope with feelings, including using I-Statements and stress/anger management strategies

Check out these FUN puzzles, word games, check-ins, check-lists & self-reflection drawing + writing prompts!

WholeHearted School Counseling

Unlock the Feelings

Use the Code Bank to help you solve the riddles. Fill in the blanks to reveal the hidden feelings.

1. A feeling of being discouraged or upset because you are unable to do something. Can remind you to try something different, not give up, or ask for help.
2. A feeling of being alone or isolated. Can remind you to find people you can connect with, especially those who understand and care about you.
3. A feeling of awkwardness after something happens because you care what you do in front of others. Can remind you to laugh and remember everyone makes mistakes.
4. This feeling that you have nothing to do lets you know it's time to get curious, do something new.

Coping Tools Survey

Coping tools are things you can do to deal with uncomfortable feelings. Even though coping tools don't often get rid of the stressful situations that can cause uncomfortable feelings, they can help you feel calmer and more thoughtful. Then you'll be able to make better choices for how to respond to those stressful situations.

Fill out the survey below for each coping tool, mark whether:

- 1) It's helped you before;
- 2) You would like to try it;
- or 3) It probably wouldn't help you.

Coping Tool	Has Helped Me Before	Would Like to Try It	Probably Won't Help Me
Take Slow Deep Breaths			
Stretch			
Listen to Music			
Draw Water			
Sing or Hum a Song			
Exercise or Play a Sport			
Talk to Someone You Trust			
Make Art			
Build Something			
Journal or Write a Letter			
Get Enough Sleep			
Do Wall or Floor Push-Ups			
Clean or Organize			
Cuddle and Play With Your Pet			
Imagine Peaceful Places or Remember a Happy Memory			
Go Outside and Be With Nature			

Doors

What do you usually do when you have feelings that are uncomfortable? Do you welcome, feel, and listen to them? Or do you do something to shut them out? Shutting out uncomfortable feelings might help you feel better in that moment, but it also shuts out feelings and experiences you might want to have.

Below is a list of some common ways people ignore and shut out feelings. Do you use any of these strategies? Write them on the signs taped to the shut doors.

What positive feelings and experiences might you have if you didn't shut out uncomfortable feelings? Write about what good things can get let in when all feelings are welcome.

Play Video Games
Isolate Yourself
Eat Too Much
Don't Eat Enough
Watch Shows
Get on Social Media
Sleep Too
Say You're Fine
Put Yourself Down
Put Others Down
Give Up
Leave Chores Unfinished
Spend Lots of Money

POPQUIZ!

If there are 436 people at the amusement park, how many of those people are feeling feelings?

A) 227
B) There's no right answer because some people don't feel feelings.
C) 436

Right now I feel _____

What about you? How do you feel?

Write your answer here.

How many of the feelings can you find in this picture?

1. HAPPY OR AMUSED
2. DISGUSTED
3. WORRIED OR SCARED
4. UNAPPRECIATED

1. CONCERNED
2. ANGRY OR ANNOYED
3. BRAVE
4. CURIOUS
5. PEACEFUL OR RELAXED

Postcard Messages

Think about a time when each of these feelings visited you. How do you think these feelings tried to help you? What were they trying to say that you may have wanted, needed, cared about, or didn't like? Write down their messages to you in these postcards.

Some Ways Worry Might Help You

Try to keep you safe.
Alerts you to situations that may need your attention.
Encourages you to be cautious and careful.
Can be a sign to face your fears or deal with something you have been avoiding.
Will give you the courage and bravery you need to try to break the bad and get surrounded by people you can trust.
Helps you to make good decisions for your future.
Encourages you to focus on what is in your control.
If you sometimes might be too stressful, it may be asking for support.

Dear _____

From: WORRY

Some Ways Anger Might Help You

Try to protect you if you're in danger.
Encourages you to stand up for yourself.
Helps you get clear on your boundaries or what you don't want.
Encourages you to find solutions.
Tells you when it's time to let go or when you need to take a break.
Helps you not let things get to you.
Helps you to work harder to get what you want.
Helps you feel in charge and in control.

Dear _____

From: ANGER

Feeling Maze

Have you ever experienced any of these feelings? See what they might have been trying to tell you. Trace each path using your finger or pencil.

Keep asking questions and learning!

Learn from this mistake and try to make it better.

Look at all the positive feelings!

Loneliness
Triumph
Curiosity
Guilt

Feelings Thermometer

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1. Cross out the feeling that doesn't seem to belong in each group.
2. Organize feelings based on their energy level. Write your answers down.

Annoyed
Furious
Amused
Angry
Aggressive

Sad
Disappointed
Delighted
Despair
Depressed

Knock Knock I-Spy

Help each feeling visit the right person. Find the matches and connect with a line.

PANICKED
BRAVE
OPTIMISTIC
ANNOYED
OVERWHELMED

Find the Coping Tools

Search for and circle all the coping tool words. Then starting with the first unused letter, write down all the remaining letters in the blank spaces below to reveal the secret message!

REBMPPLAYEMBERTO
LSRPJOURNALISTE
NTEEUUBUILDITWGOH
LRATR SANDLAEOCE
AETYAEERNRFRORL
UTHOOMAADYUUYYP
GCEURFEDFRESTEO
HHLRINGSAINDSIT
REDATYOU DRISH
ELFOSINGANDGDOE
THEGDRINKWATERR
PUTITRSTST

ASK FOR HELP
BREATHE
BUILD
CRY
DRAW
DRINK WATER
EXERCISE
GARDEN
GO OUTSIDE
HELP OTHERS
HUG
JOURNAL
LAUGH
PET YOUR DOG
PLAY
READ
REST

This comic book and the supplemental activities kept my kids engaged and excited about learning! LOVED THIS RESOURCE! -Brittany

TONS OF WORKSHEETS TO REINFORCE YOUR LESSONS!

Comes in
Color AND
Black/White
Printing



Making it a
FUN
Coloring &
Art
Activity,
too!

Feelings Are Meant to Be Felt

FEELINGS ARE MEANT TO BE FELT, EVEN THE ONES THAT DON'T FEEL SO GOOD.

SOMETIMES FEELINGS ARE SO UNCOMFORTABLE THAT YOU MIGHT TRY TO IGNORE THEM BY PLAYING VIDEO GAMES, WATCHING T.V., ACTING TOUGH, OR DOING OTHER THINGS THAT HELP YOU TO ZONE OUT.

UNCOMFORTABLE EMOTIONS
-that I wish I didn't have to feel-

SAD ANXIOUS MAD

UNFORTUNATELY, THOSE IGNORED FEELINGS USUALLY DON'T GO AWAY JUST BECAUSE YOU WANT THEM TO LEAVE. INSTEAD, THEY OFTEN BECOME BIGGER AND STRONGER AND CAN EVEN PREVENT YOU FROM FEELING OTHER FEELINGS.

WHATEVER, I DON'T CARE. THERE'S NO WAY I'M GOING TO FEEL SAD.

I THOUGHT IF I TRIED NOT TO FEEL SAD, I WOULD FEEL HAPPY. BUT NOW I FEEL WORSE BECAUSE I DON'T FEEL MUCH AT ALL.

WHEN YOU TRY TO SHUT OUT ONE FEELING, IT'S LIKE CLOSING A DOOR THAT WILL EVENTUALLY KEEP OUT ALL THE OTHER FEELINGS. (INCLUDING THE ONES YOU MAY ACTUALLY WANT TO FEEL).

SO RATHER THAN IGNORING YOUR FEELINGS, TRY TO WELCOME AND ACCEPT THEM INSTEAD.

NO FEELINGS ALLOWED

ALL FEELINGS WELCOME HERE
EVEN THE UNCOMFORTABLE ONES

WELCOMING AND ACCEPTING YOUR FEELINGS MEANS TO JUST NOTICE THEM.

NAME THEM.
SAY 'HI' TO THEM.
THINK ABOUT WHAT MIGHT HAVE HAPPENED

I FEEL SAD.

HEY, SADNESS.

I NOTICE AN ACHE IN MY HEART.

WHAT IS HAPPENING FOR YOU TO VISIT?

WHAT CAN I LEARN FROM YOU?

I printed this out and laminated it to have in my calm down area. I've had a few students read the comics and they were really engaged. I love this resource! It's different than other resources, which was cool for my students.
-Erika

Complete It
When do these feelings visit YOU?
Write or draw your answers.

Joy visits me when...

Nervous visits me when...

Excitement visits me when...

Surprise visits me when...

Pride visits me when...

Hurt visits me when...

Disgust visits me when...

Annoyed visits me when...

Knoek
Knoek
Knoek

Help each feeling visit the right person. Find the matches and connect with a line.

PANICKED

BRAVE

OPTIMISTIC

ANNOYED

OVERWHELMED

HUNGRY

My students are loving this comic book and they are learning a lot about feelings. Thank you so much!
-Taryn



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Take Slow, Deep Breaths			
Stretch			
Listen to Music			
Drink Water			
Sing or Hum a Song			
Read			
Journal			
Exercise or Play a Sport			
Talk to Someone You Trust			
Make Art			
Build Something			
Do Wall or Floor Push-Ups			
Clean or Organize			
List 3 Things You Are Grateful For			