



Seva Mandal Education Society's
Smt. Maniben. M. P. Shah Women's College of Arts and Commerce. (Autonomous)
Department of Psychology
Samvedana Counselling Cell

Greetings!

Today's Activity is on 'Knowing My Emotions.'

Normally we would love to have a holiday to be with our family. But these unforeseen circumstances has got us literally stuck at home with little or no possibility of letting out any steam. We are constantly working and our mind is also on an overdrive.

Some days we wake up with a feeling in our gut. We are not able to label exactly what are we feeling. We feel irritable and angry because of it. Some may feel low and sad. There are some who may experience it as anxiety and irrational fear about what awaits us. It could also just be plain grief. Our mind is grieving looking at the news reports, the WhatsApp forwards and all social media posts.

Today's activity is for us to understand our emotions. Identity what are you feeling. Label it. Once we acknowledge and own our emotions, they will have little power over us. We would be able to rationally talk ourselves (using 1st day's Positive Affirmations) and lessen its hold over us. List down why you are feeling the way you are feeling. Writing it lessens the emotional burden.

An Initiative by Principal, Dr. Leena Raje

Today I feel...

Directions: Circle the Emoji that best describes how you are feeling.



Happy



Sad



Surprised



Scared



Angry



Embarrassed

Because...

Draw or write about what happened

A large, empty rectangular box with a black border, intended for a child to draw or write about the event that caused their feeling.

References:

Feelings Journal: Helping Kids Express Their Feelings (2017). Retrieved from <https://www.teacherspayteachers.com/Product/Feelings-Journal-Helping-Kids-Express-Their-Feelings-3079633>