

Moving Through Emotions

Today's Big Idea:

Each day we experience a range of emotions. Some of these emotions are comfortable and some of them are uncomfortable. What's important to remember is that ALL of our emotions serve a purpose. Today's activities will help girls identify the emotions they are feeling and find strategies to deal with them in healthy ways.

Why it Matters:

When we give girls strategies to name, accept, and deal with their emotions, we give them empowering and essential tools to navigate life's ups and downs. Helping girls identify uncomfortable emotions – like frustration, anger, and disappointment – and know what to do with them, has immediate benefits for overall well-being and long-term consequences in dealing with challenges and stress throughout life.

Silly Starters:

- Would you rather only be able to smile, or only able to cry? WHY?
- Would you rather smell like blueberries every time you felt blue (down in the dumps, but with blueberries) or breathe fire every time you got angry (ouch)? WHY?

Share the Big Idea:

Luckily, we don't have to choose between only smiling or only crying. Each day, we get to experience lots of different emotions. Some of these emotions are comfortable for us, like happiness, or excitement, but others make us uncomfortable, like jealousy or anger. Even if we want to, we can't keep uncomfortable emotions out. What we can do is learn strategies to accept and deal with these uncomfortable emotions. All of the activities that come next will help us practice naming, accepting, and dealing with uncomfortable emotions.



Get Moving! Move, Feel, & Deal with it!

Materials:

- 3 pieces of paper

How to do it:

- Complete one of the Feel & Move challenges listed below. Try to imagine how you would FEEL in the situation as you move!
- After completing the challenge, practice the STOP strategy for dealing with emotions by following these steps:

S	STOP	▪ Come to a full stop: try to pause your body and mind
T	Take 3 deep breaths, Notice & Name It	▪ Breathe and notice how you feel in your body. ▪ Breathe and notice the thoughts in your mind. ▪ Breathe and Name it – find a word that describes how you feel.
O	Own it	▪ Own it – accept what you are feeling by saying aloud, “It’s okay to feel...”
P	Pick an activity to reset	▪ Pick the one that you think works for your emotion!

- Be sure to pick a different type of activity for each challenge using the Reset Activity Chart below – try a Calming, Distracting, Processing, and Physical Activity!

Feel & Move Challenges
Challenge #1: Your friend convinces you to let her copy your homework and you get caught by the teacher. Crab walk or Big arm march around your living space 2 times while you imagine how this situation would feel.
Challenge #2: A friend makes a decision that you know isn’t right, and asks you to keep it a secret. Take a lap around your block while you imagine how this situation would feel.
Challenge #3 : You and your best friend auditioned for the same part in the school play. She got the part and you didn’t. Hold a 30 second plank or complete 30 seconds of Table Tops while you imagine how this situation would feel.
Challenge #4: You studied really hard for a test. When you got it back, you didn’t do as well on it as you expected. Hold a boat pose for 30 seconds while you imagine how this situation would feel.



Reset Activities

Calming Activities:

(These activities help you relax.)

- Take a walk outside and feel the fresh air fill your lungs.
- Take a walk outside and notice the sounds you hear.
- Get into Child's Pose and take 10 long, slow breaths.
- 5-4-3-2-1 Grounding (Walk around your living space. Notice 5 things you can see, 4 things that you feel, 3 things that you hear, 2 things you can smell, 1 thing you can taste.)
- Muscle relaxation (Lay on the ground. Make all of your muscles really tense. Starting with your feet, relax each group of muscles until you get to your head.)

Distracting Activities:

(These activities help distract you from the thing that's causing your uncomfortable emotion.)

- Clean your room.
- Do a random act of kindness for someone.
- Write a story/poem, song.
- Create an obstacle course. Then do it!
- Toss a piece of paper in the air. Once you let go of the paper, laugh out loud until it hits the ground. Repeat three times.

Physical Activities

(These activities help rebalance your energy.)

- Jump rope for 1 minute (if you don't have a jump rope, pretend!) or do Big Arm circles
- Run, walk, or roll around your block
- Do 5 push-ups
- Do 10 star jumps or 10 All Arm Mt. Climbers
- High knee running or High Arm Lifts for 30 seconds

Processing Activities

(These activities help you work through your thoughts and feelings about a situation.)

- Color drawing (Think about the color that corresponds to your emotion. Then draw a picture using that color.)
- Feelings in your body (Draw an outline of a person. Put stars on the parts of your body where you feel that emotion.)
- Write down what you're feeling in a journal.
- Write down what's bothering you on paper, then rip it up and throw it away.
- Make an "I Wish" List (Write down all the things you wish would or could happen. Your wishes can be as big as you would like them to be!)



Age it up for Heart & Sole Girls:

- Conduct the activity using these situations, which involve feeling **multiple emotions at the same time**:
 - Round 1 - Giving a speech to become Class President.
 - Round 2 - You get to go to your friend's birthday party, but you aren't allowed to spend the night.
 - Round 3 - It's the championship game for your sport.
 - Round 4 - You and your friends decide to watch a scary movie.

Share and Connect

- How did it feel to say the emotion you were experiencing out loud?
 - Part of the activity was "owning" our emotions – or accepting what we were feeling by saying aloud, "It's okay to feel..." Why is it important to own our emotions?
 - How do these different activities help us take control of our emotions?
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Get Creative! Emotion Bracelets

Materials:

- Paper
- Coloring materials
- Scissors
- Pencil
- Ruler

Paper Example

How to do it:

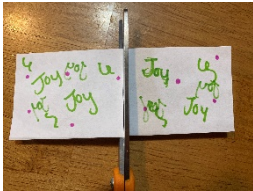
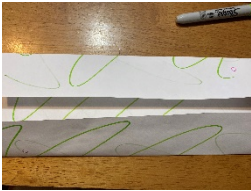
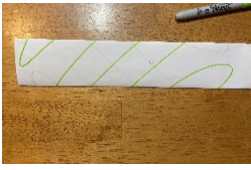
Make your Emotion Strips

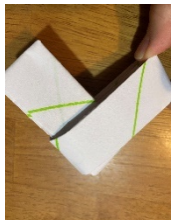
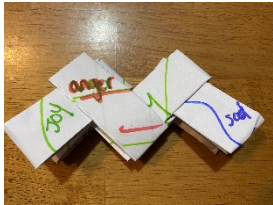
- Divide a sheet of paper into 10 equal sections with a pencil and ruler as shown.
- Cut each of the ten sections out.
- On five of the sections, write a **comfortable emotion** that you have experienced (ex: happiness, excitement). Write the name of the emotion on both sides of the paper.
- On the other five pieces, write an **uncomfortable emotion** (ex: anger, jealousy). Again, write the name of the emotion on both sides.
- Color each piece a color that you think matches that emotion (ex: angry = red). Be sure to color both sides.
- Follow the steps below to make these emotion strips into a bracelet. Note: We use a large sheet of paper to show you how to fold the strips, with the actual size of the pieces shown below.



Make your bracelet

[Follow this youtube link for a step-by-step example](#)

Steps	Picture
1 Cut each strip in half.	
2 Take each piece, and fold to meet in the middle.	
3 Fold hot-dog style.	
4 Fold hot-dog style once more.	
5 Fold hamburger style to crease.	
6 Fold ends in to meet at crease. Forming a V! Yay you made one piece of your bracelet!	

7	Repeat steps 1-6 to turn the rest of your strips into pieces!	
8	Put your pieces together! Loop one piece through the other, by pushing one end through the pocket (hole) of the other as shown.	 
9	Repeat loops until bracelet is long enough to fit around your wrist.	

Age it up for Heart & Sole girls:

- Use other materials around your home to make strips – gum wrappers, starburst/candy wrappers – be sure to match the colors to your emotions or write on the materials you use!

Share and Connect

- Take a look at your completed bracelet, with all of your emotions – comfortable and uncomfortable linked together! What would happen if we took all of those uncomfortable emotions out of the bracelet? What happens if we could not feel those emotions?
- Now imagine just taking one of those uncomfortable emotions away – choose just one color! What happens if you lose this emotion?
- Why is it important for us to feel a variety of emotions?



Make it Stick! STOP Charts

Materials:

- Paper
- Markers/crayons

How to do it:

- Make your own simple STOP chart to remind you to pause, own, and deal with your emotions. Be sure to include the following items on your chart:
 - Each letter of the STOP chart with directions for each step to help you remember what to do (use the STOP chart from the Get Moving Activity above)!
 - One of each kind of activity from the Reset Activity Chart Above
- As you create your STOP charts together, keep the conversation going with these questions:
 - Which part of this strategy feels easiest for me right now? Which part is still challenging?
 - Is there a type of reset activity (distracting, calming, etc.) that you think would be most helpful for you?
 - What other reset activities can we add to our charts?
 - Are there ways we can help each other remember to use this STOP strategy?
- When you are finished, put your charts in a place that will help you remember to use this strategy!

Keep it Going – Challenge:

- As you go through the next several days, practice the STOP strategy when you experience an uncomfortable emotion.
- You may need to try a couple different activities before you find the one that helps you manage your emotions.

****Note to grown-ups:** We want all girls to be able to participate in these activities. If your child requires adaptations, do whatever you think is best to meet her specific needs. If you need additional ideas for adaptations, please reach out to us.

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