

Someone Who Respects My Feelings

Purpose:

To help students recognize the value of feelings and being able to express them freely, and to develop an understanding of how to build trust in relationships.

Theme:

Relationship Skills

Introducing the Topic:

In your own words, say to the students: *Our topic for this session is, “Someone Who Respects My Feelings.” Do you know someone who never seems to think that your feelings about things should be any different than they actually are? Someone who never says you shouldn’t act mad when you are mad, or happy when you’re feeling good—and who never tells you not to cry when you feel sad? This person could be anyone who respects your feelings. Maybe it’s an adult in your family, like your mom, dad, or grandparent, or maybe it’s some other adult—like someone in your church or neighborhood. Perhaps you have a friend who always respects your feelings. We’d like you to tell us about this person. Describe a time when you were feeling something and he or she respected your feelings. Think it over quietly for a few moments. The topic is, “Someone Who Respects My Feelings.”*

Discussion questions:

- *How do you feel about friends who respect your feelings?*
- *What can we learn from people who respect our feelings?*

Your questions:

A Time I Handled My Feelings Well

Purpose:

To help students identify ways to express and deal with feelings and to demonstrate a positive attitude about self.

Theme:

Self Awareness and Self Management

Introducing the Topics:

In your own words, say to the students: *Sometimes we face situations that cause us to experience strong feelings. How we behave at those times depends on how well we take charge of our feelings. Today, we're going to talk about instances when the outcome was good. Our topic is, "A Time I Handled My Feelings Well." For example, maybe you wanted a special gift for your birthday or Christmas and didn't receive it because your parents either failed to realize how important it was to you or couldn't afford it. Since you didn't want to hurt their feelings, you didn't express your disappointment to them, but told a friend instead. Perhaps you were very angry at someone and wanted to hit the person, but instead managed to talk to him or her and express your angry feelings without hitting. Maybe you lost a game or an election and really wanted to yell,*

but instead congratulated the winner. Handling your feelings well usually means doing what is appropriate, without hurting someone else in the process. Think of a situation that you feel OK sharing, and when you are ready, the topic is, "A Time I Handled My Feelings Well."

Discussion questions:

- *What similarities were there in the ways we handled our feelings?*
- *What differences were there?*
- *If our feelings are always acceptable, why isn't our behavior always acceptable?*
- *Which do we have to control, our feelings or our behavior?*
- *How can we do that?*

Your questions: