

Feelings Are a Guide

Prep



Snack (optional)



One **Printable (pbs3.1.3)** per crew
member cut according to directions
(p3.1.3a)



Read through meeting guide and be
prepared to discuss

Feelings Are a Guide

- 1) Snack (optional)
- 2) 1st quarter quote:
 - **“Better to fail at doing the right thing, than succeed at doing the wrong thing.” – Guy Kawasaki**
- 3) Today we are going to talk about emotions, or feelings. Can anyone give me an example of an emotion?
 - sad, happy angry, disappointed, etc.
- 4) Sometimes the feelings we have are very strong and can be overwhelming. What do you do when you feel an emotion so strong that it's overwhelming?
 - Have you ever felt so mad you wanted to hit something?
 - Have you ever felt so sad about something that you didn't know if you'd ever feel happy again?
 - Have you ever felt so nervous or excited about something that it gave you a tummy ache?
- 5) Would anyone be willing to share something that has been helpful to you when you have strong feelings?
 - take a deep breath, count to 10, ask for a hug, etc.
- 6) Something that can be helpful is remembering **why** we have feelings. Feelings are meant to be a guide, or a fence that helps us to avoid situations that are dangerous.
- 7) If we never experienced negative emotions, like fear, anger, disappointment or sadness, we would probably make very different decisions.

8) Can someone give me an example of when you might feel afraid?

-standing in line for a roller coaster, first time riding a bike or a skateboard, getting separated from your parents at a store, etc.

-fear is a guide that keeps us from being reckless

-when we feel fear, take a moment to understand what our mind is trying to protect us from

-if we know that we are not truly in danger, we can do something in spite of fear

-if we realize that maybe what we are afraid of doing is actually dangerous, we can make a different choice

9) Can someone give me an example of a time when you felt angry?

-sometimes we feel anger because we don't get our way or get something we want. We can remember that not always getting our way is actually very good for us- it builds inner strength and gratitude.

-sometimes we feel anger because we have been mistreated. If we have been mistreated and we feel angry about it, what can we learn from that? Is the person who mistreated us someone we should not hang out with? We can't always stay away from people who mistreat us, but when we feel angry about being mistreated, this is a question we must ask ourselves. "How can I try to limit the opportunities that this person has to mistreat me?"

10) A different kind of fear is nervousness or anxiety. Have you ever felt nervous?

- meeting new people, trying something new, taking a test, etc.

- what can feelings of nervousness teach us? If we are nervous about a test, maybe next time we should study. If we did study, we can comfort our mind by telling ourselves that we studied, and we don't need to be nervous.

- if we are nervous about meeting new people, we can thank our mind for giving us these feelings of nervousness to remind us to put our best foot forward.

11) No matter what we are feeling, it's a good idea to thank our mind for giving us those emotions and try to figure out how our mind is trying to guide us. Once we have done that, we can remember, that these emotions are temporary and after we have acknowledged them, they will eventually fade away.

12) Now let's fold our munchers.

13) Sticker Time!





