



**TODAY'S TOPIC:**  
**All My Feelings Are Important**

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age, but could be adjusted as needed.

**THINKING JOB:** Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

***How am I feeling today?***

**Lesson**

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> <li>Bubbles</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	I can check in on how I feel and shift how I feel. I have the power to name my feelings.

**PLAY Emotion Charades.** Print some pictures or words for different emotions. Take turns acting them out and guessing what the emotion is.

**ASK** Is it easy to know how you feel? Where do you feel it? In your head, in your heart, in your tummy, in your thoughts?

**ASK** What are some ways to know how you feel?

- Learn the words for the feelings and what they mean.
- Slow down and ask yourself how you are feeling.
  - ✓ Blow a few bubbles. Point out how the bubble is formed, and floats around and then pops.
  - ✓ Take turns with the bubble wand.
  - ✓ Now pretend to blow a bubble. Say - Breathe deeply, then breathe out as if you are blowing a bubble through the wand.
  - ✓ Breathe in again and picture in your head how you are feeling. See that feeling filling up the bubble. Can you name the feeling?
- Pay attention to see if certain things always give you the same feeling (Ex: every time my friend comes over I feel excited and happy, my dog is sick and every time we give him medicine I feel worried if he will be okay).

**EXPLAIN** Every feeling is important. You are allowed to have all your feelings. And feelings can change. Everyone has worries sometimes. Do you ever want to change your feelings? Sometimes when I feel sad or mad or afraid, I know I want to change how I feel but I don't always know how. Some worries are small and some are bigger.

**SAY:** Here are three ways to change how you feel:

1. Blow some bubbles. Picture the bubbles like we talked about before and focus on the bubble popping. If my bubble was full of sadness and it pops, it can make the sadness pop.
2. The Blue Light: Sit up straight relax, and if it feels right, close their eyes.

**SAY:**

- ✓ Breathe in and picture a blue ball of light glowing inside your forehead. Imagine it calming your thoughts.
- ✓ Breathe out and picture the blue ball of light dropping into your throat. Imagine it clearing out unkind thoughts and words, clearing madness or sadness or worry.
- ✓ Breathe in and see the blue light glowing brighter. Breathe out and picture it dropping into your heart. Imagine it soothing hurt feelings.
- ✓ Breathe in again and picture the blue filling your body. Breathe out and feel it down to your toes.
- ✓ Let the blue light flow inside you. Take it with you through your whole day.

**ASK** What do you think the blue light is made of? Love, peace, GOD!

3. One other way to change how you feel is to speak the word for how you want to feel – to create an affirmation. For example, if I feel sad, I can say “I feel happy.” Words are powerful and saying what you want can make it come true.

**ASK:** Is it easy or hard to tell others how you feel? Why would you want to tell others how you feel? Who are people in your life you can tell your feelings to?

**AFFIRMATION:** All my feelings are okay. Repeat 4 times.

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .