



TODAY'S TOPIC: **Emotional Intelligence**

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.

What some different kinds of feelings?

Lesson

Materials	Things to Prepare	Today's Goal
• Bubble supplies • Story about feelings	•	Know that all your feelings are okay and it is helpful to be able to name them.

ACTIVITY: Depending on the age of your group, read a story about feelings. One suggestion: “The Way I Feel” by Janin Cain. Act out the feelings as a group.

OR Ask for suggestions of different feelings. Act them out as a group.

ASK: Are feelings important? Is it okay to have feelings even if they do not feel good, like sad or mad? Yes! That is a good time to wonder why you are feeling that way. Can your feelings change? Yes.

ASK Where do you feel your feelings? Have the kids point to each part of their body. In your head, in your heart, in your tummy, in your thoughts?

ASK How do you know what you are feeling? Slow down and ask yourself. Here is a fun way to do that.

1. Use the bubbles. Blow a few bubbles. Point out how the bubble is formed, and floats around and then pops.
 - ✓ Ask the kids to pretend they are holding the bubble wand ready 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?
 - ✓ Can you choose a feeling and blow it into the bubble? See if you can fill a bubble with happiness.
- 2. If you do not know how you feel, use your imagination and pretend you are the water in a small pond. The water is clear and calm. The water is relaxing. Every once in a while, a “fish feeling” comes by. You can notice the feeling and then name it.
- 3. Speak your words! If you want to change how your are feeling, name the feeling you want to have. Words are powerful and saying what you want can make it come true. Give some examples of feeling affirmations. “I am happy.” “I am relaxed.”

ACTIVITY: Go outside and play with bubbles.

AFFIRMATION – I can name how I feel. repeat 4X

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