Calm or Relaxed, Worried

Today we are talking about the feelings: **worried** and **calm**. For **calm**, we can also use the word **relaxed**. These are very important feelings.

**WORRIED** is the way we feel when:
- We think something bad may happen.
- Or when we are afraid we are going to get into trouble.
- Or, when we have a problem that is really bothering us.

When we feel **worried**, it can be hard to think about anything else.

Here is a picture of someone who feels **worried**:

1) Please color in the **worried** face, add your hair and skin color, if you’d like.
2) Draw a picture of something you feel **worried** about, or write about what **worries** you.

3) Do you think that **worried** is a **comfortable** or **uncomfortable** feeling?

__________________________________________

4) Practice making your own **worried** face in the mirror.

Questions? Ask your School Counselors:  Mrs. Beckel- Kendall: jbeckel@mtbaker.wednet.edu
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**CALM OR RELAXED** is the opposite of feeling **worried**. When we feel **calm** or **relaxed**, we feel content, or at peace.

1) **Please color in the calm face**, add your hair and skin color, if you’d like.

2) **Draw a picture of something you do that helps you feel calm**, or write about what helps you **calm** down.

**Challenge:** Ask a person at home to show you their **worried** face; then ask if you can show your **worried** face. Talk about what was the same and different in your **worried** faces.
Now show a person at home your **calm** or **relaxed** face; then ask if you can see their **calm** or **relaxed** face. Talk about what was the same and different in your **calm** or **relaxed** faces.

**Tips for parents and caregivers:**
1. When your child is having a hard time, ask how he or she is feeling. If he or she can’t tell you, provide some alternative labels to help him or her identify feelings. For example, you might say, “Are you feeling frustrated? Or maybe you feel disappointed or sad?”

2. Try to remember to tell your child how you are feeling too. This can help your child be more sensitive to your feelings and the feelings of others in general. We often think that our children understand how we are feeling, but they might not. Of course, there will be times when you won’t want to share your feelings. These are excellent times to discuss the importance of privacy.

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