Safe Secure Kids-Identifying Feelings

1. Welcome

Visual Description:
Scene is an outdoor basketball court with a surrounding fence. Three characters. Heart is an illustrated heart with a face, legs and arms. Heart is on basketball court with speech bubble that changes with narration. Two kids, Olivia and Amelia, are standing to the side. Olivia and Amelia's facial expressions change as described in the audio.

Audio:
Hi Friend! I’m Heart, and I’m so glad you’re here!
Today, I want to talk about a few things like feelings and body language. But before we dive into that, I need your help figuring something out.
Let’s take a look at what happened at school earlier…
At recess, Olivia excitedly told her friend Amelia that she made the basketball team! At first, Amelia smiled but then frowned a little shortly after that.
How do you think Amelia is feeling?

Interactions:
None
2. Introduction

Visual Description:
Scene is an outdoor basketball court with a surrounding fence. Three characters. Heart is an illustrated heart with a face, legs and arms. Heart is on basketball court with speech bubble that changes with narration. Two kids, Olivia and Amelia, are standing to the side. Olivia and Amelia's facial expressions change as described in the audio.

Audio:
You know, we all have feelings. Some of us might react with different feelings to the same event or the same information. Like Olivia and Amelia, for example. Olivia seems really excited to learn she made the basketball team, but Amelia is feeling differently about the same information.

Having feelings can sometimes be complicated because we can have multiple feelings at the same time.

We can also figure out how someone might be feeling reading their body language.

Let’s learn more about all these topics together. Come on!

Interaction:
None
3. What are Feelings?

Visual Description:
Olivia and Amelia fade away and are replaced by outline of body from waist up with arms. As Heart describes feelings in our mind, a brain is added to the body. As Heart describes butterflies in stomach, butterflies appear and flutter in body. Narration text appears in speech bubble and around body outline.

Audio:
To understand what Amelia was feeling, we first have to understand what feelings are. Do you know what feelings are?

It might seem hard to explain, but feelings happen in our body and our mind. We all have them! Feelings in our mind can affect how we feel physically in our bodies.

For example, some people say when they feel nervous in their mind, they can feel butterflies in their stomach! If you’re not sure what you’re feeling in your mind, check-in to see what your body is doing. For example, if you’re smiling, you might be feeling happy. If your eyebrows are raised, you might be feeling surprised or shocked. Our feelings play a very important role in how we act, make decisions, and how we see ourselves.

Interaction:
None
4. **Feelings Write-in**

**Visual Description:**
Heart standing beside interactive box with fields for entering feeling words you already know and happy example.

**Audio:**
Type in some of the feelings words that you already know.
For example, Olivia was happy she made the basketball team. Happy is one example of a feeling we might have.
Type in some others that you know.
When you are finished typing, select “add to journal” to save these responses. You will be able to print your journal at the end of this activity!

**Interaction:**
4 Text entry boxes and submit button.

### 4.1 Feelings Write-in Feedback

Those are great examples of feelings we all have.
These feelings will be added to your Feelings Journal for you to reference later.
Let’s take a look at some other examples of feelings.

**CONTINUE**
**Visual Description:**
Heart standing beside text box.

**Audio/Text Feedback:**
Great job! Those are great examples of feelings we all have. These feelings will be added to your Feelings Journal for you to reference later.
Let’s take a look at some other examples of feelings.
5. Feelings Examples

Visual Description:
Five groups of four words with heading. Title: Feelings words I want to learn.

Audio:
Here are some examples of feelings you or someone else might experience.
Select the words that you don’t recognize to read a definition.
When you are done, select “Add to Journal” to add these words and their definitions to your journal.
Then, select next to continue.

Interaction:
Directions: Select the words that you don’t recognize to read a definition. When you are done, add these words to your journal. Button: Add to journal.
Feeling words and definitions:

<table>
<thead>
<tr>
<th>Happy Group</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Silly: Feeling playful and funny</td>
<td></td>
</tr>
<tr>
<td>Relieved: Feeling relaxed and happy because something difficult or unpleasant has been stopped, avoided, or made easier.</td>
<td></td>
</tr>
<tr>
<td>Hopeful: Feeling like something you want to happen or something you want be true will actually happen or be true.</td>
<td></td>
</tr>
<tr>
<td>Loving: Feeling or showing love.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sad Group</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Lonely: Feeling sad that you’re not spending time with other people.</td>
<td></td>
</tr>
<tr>
<td>Guilty: Feeling responsible for doing something you shouldn’t have done.</td>
<td></td>
</tr>
<tr>
<td>Bored: Feeling uninterested in the events happening around you.</td>
<td></td>
</tr>
<tr>
<td>Embarrassed: Feeling confused and foolish in front of others.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Angry Group</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mad: Strongly feeling upset or annoyed.</td>
<td></td>
</tr>
<tr>
<td>Frustrated: Feeling very angry or discouraged due to not being able to do or complete something.</td>
<td></td>
</tr>
<tr>
<td>Disappointed: Feeling sad, unhappy, or displeased because something was not as good as expected or because something you hoped for or expected did not happen.</td>
<td></td>
</tr>
<tr>
<td>Jealous: Feeling an unhappy desire to have what someone else has.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fearful Group</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Scared: Feeling afraid, nervous, or frightened of something.</td>
<td></td>
</tr>
<tr>
<td>Feeling</td>
<td>Description</td>
</tr>
<tr>
<td>------------</td>
<td>-------------------------------------------------------</td>
</tr>
<tr>
<td>Anxious</td>
<td>Feeling afraid of what could or might happen.</td>
</tr>
<tr>
<td>Nervous</td>
<td>Feeling excited, worried, or slightly afraid about what might happen.</td>
</tr>
<tr>
<td>Afraid</td>
<td>Feeling fear</td>
</tr>
<tr>
<td>Surprised Group</td>
<td></td>
</tr>
<tr>
<td>Startled</td>
<td>Feeling suddenly surprised and slightly or momentarily frightened</td>
</tr>
<tr>
<td>Shocked</td>
<td>Feeling suddenly surprised by something unexpected</td>
</tr>
<tr>
<td>Amazed</td>
<td>Feeling great surprised or wonder</td>
</tr>
<tr>
<td>Excited</td>
<td>Feeling very enthusiastic and eager about something</td>
</tr>
</tbody>
</table>
5.1 Feelings Examples Feedback

Visual Description:
Heart standing beside text box.

Audio/Text Feedback:
Great job! The more feelings words we know, the better we will be at communicating to others how we are feeling. Now let’s learn about how we can physically communicate these feelings through our body.
6. Body Language

Visual Description:
Olivia and Amelia, both smiling, standing on either side of a text box titled “What is body language?” Text corresponds to audio narration.

Audio:
Sometimes, we can guess how a person is feeling based on their body language.
Remember Olivia and Amelia? Olivia is smiling, so her body language is showing us she is happy or excited.
Body language is how our body communicates what we’re thinking and feeling in our minds. We can express our feelings with our body many different ways from the look on our face to the way we hold our shoulders when we stand.

Interaction:
None
7. Facial Expressions

Visual Description:
Olivia and Amelia, both smiling, standing on either side of a text box titled “Learning Facial Expressions.” Text corresponds to audio narration.

Audio:
Let’s look at some examples to see if we understand how body language, specifically our face, can communicate our feelings.

Listen to each example. Then drag and drop the facial expression that best shows how you would feel in that example.

Interaction:
None
8. Mac and Cheese

Visual Description:
Heart is standing next to a box with eight feelings illustrated with different facial expressions. Heart’s face is covered with a circle indicating where to place the facial expression. Feeling options:
- Happy- smiling
- Sad- frown
- Funny- smiling, tears coming out of closed eyes
- Smart- glasses, two front teeth showing
- Silly- tongue out and eyes are different sizes
- Frustrated- closed eyes, pursed lips
- Surprised- wide eyes, raised eyebrows, closed mouth
- Angry- furrowed eyebrows, frown

Audio:
The cafeteria is serving mac and cheese today. How does that make you feel?
Drag and drop the facial expression that best shows how you would feel in that example.

Interaction:
Screen text matches the audio. Image of each feeling. When feeling is dropped on Heart, her expression changes. Must submit feeling to get feedback.
8.2 Mac and Cheese Feedback

Visual Description:
Heart standing beside text box with facial expression that was selected. Picture of mac and cheese in a bowl.

Text Feedback:
Great response! You might feel (feeling selected) about having mac and cheese today. It’s possible you could feel differently tomorrow, and that’s ok too! It’s perfectly acceptable for our feelings to change and to feel differently than others.
9. Math Quiz

Visual Description:
Same as Mac and Cheese. Heart is standing next to a box with eight feelings illustrated with different facial expressions. Heart’s face is covered with a circle indicating where to place the facial expression. Feeling options:

- Happy- smiling
- Sad- frown
- Funny- smiling, tears coming out of closed eyes
- Smart- glasses, two front teeth showing
- Silly- tongue out and eyes are different sizes
- Frustrated- closed eyes, pursed lips
- Surprised- wide eyes, raised eyebrows, closed mouth
- Angry- furrowed eyebrows, frown

Audio:
You studied really hard for a math quiz, but you ended up getting a different grade than you expected. How does that make you feel?

Drag and drop the facial expression that best shows how you would feel in that example.

Interaction:
Same as Mac and Cheese. Screen text matches the audio. Image of each feeling. When feeling is dropped on Heart, her expression changes. Must submit feeling to get feedback.
9.1 Math Quiz Feedback

Visual Description:

Heart standing beside text box with facial expression that was selected. Picture of paper with B minus.

Text Feedback:

Great response! You might feel (feeling selected) about your grade today. It’s possible you could feel differently tomorrow, and that’s ok too! It’s perfectly acceptable for our feelings to change and to feel differently than others.
10. Favorite Song

Visual Description:
Same as Math Quiz. Heart is standing next to a box with eight feelings illustrated with different facial expressions. Heart’s face is covered with a circle indicating where to place the facial expression. Feeling options:

- Happy - smiling
- Sad - frown
- Funny - smiling, tears coming out of closed eyes
- Smart - glasses, two front teeth showing
- Silly - tongue out and eyes are different sizes
- Frustrated - closed eyes, pursed lips
- Surprised - wide eyes, raised eyebrows, closed mouth
- Angry - furrowed eyebrows, frown

Audio:
Your favorite song starts playing in the car. How does that make you feel?
Drag and drop the facial expression that best shows how you would feel in that example.

Interaction:
Same as Math Quiz. Screen text matches the audio. Image of each feeling. When feeling is dropped on Heart, her expression changes. Must submit feeling to get feedback.
10.1 Favorite Song Feedback

Visual Description:
Heart standing beside text box with facial expression that was selected. Picture of small heart beside music note.

Text Feedback:
Great response! You might feel (feeling selected) hearing your favorite song today. It’s possible you could feel differently tomorrow, and that’s ok too! It’s perfectly acceptable for our feelings to change and to feel differently than others.
11. Heart’s Body Language

Visual Description:
Back to scene with Heart on basketball court Olivia and Amelia. Speech bubble over Heart that changes with audio. Olivia is smiling, Amelia is frowning. Olivia, and Amelia fade away and are replaced with box with four buttons and direction text. Buttons are:
- Surprised
- Scared
- Disgusted
- Silly

Audio:
Great job with that activity! Remember, the expression on our face is one way our body language can communicate to others how we’re feeling.
Let’s learn more about body language.
We can communicate our feelings with our arms, our hands, or our posture. For example, you might cross your arms if you’re grumpy or clench your fists if you’re angry.
Can you think of some other body language examples?

Interaction:
As buttons are selected, Heart changes.
- Surprised- wide eyes, raised eyebrows, closed mouth
- Scared- wide eyes, hands close to mouth, frown
- Disgusted- tongue out, frown, squinted eyes, arms to side
- Silly- tongue out, smiling, different size eyes, squiggly/moving arms
12. Feeling Mixed Up

Audio:
Having feelings can get complicated! Something that normally would make you happy one day, could upset you another day. It’s even possible to have more than one emotion at the same time. We call that feeling “mixed up” or confused.

Visual Description:
Heart fades out and is replaced with smiling Olivia and Amelia. Olivia is holding a basketball. Text box stays and corresponds with audio.

Audio:
Let’s take a look at Olivia and Amelia again. Amelia was probably happy that Olivia made the basketball team because they’re friends, but maybe she’s nervous they won’t get to spend as much time together now. Amelia might be feeling a little mixed up or confused about the situation since she’s feeling both happy and nervous at the same time.

Interaction:
None
13. Mixed-Up Examples

Visual Description:
Heart is on basketball court with speech bubble that changes with narration. Amelia is frowning, standing alone with Olivia’s basketball on the ground.

Audio:
Have you ever felt mixed up or confused about something? Maybe you’re even feeling mixed up about what this means!
Let’s look at some examples of times you might feel mixed up.

Interaction:
None
14. **Birthday**

![Visual Description](image)

**Visual Description:**

Olivia standing in front of text box with instructions and image of markers. A slider (button on line) is below the text Happy and Disappointed. Happy is on the left and Disappointed is on the right separated by a dotted line.

**Audio:**

For your birthday, you asked for new crayons for your art box, but you received markers instead. It’s possible you’re feeling happy that you got new items for your art box, but you might also be feeling a little disappointed that you didn’t get the markets you wanted.

Drag the slider show if you’re more happy or disappointed.

**Interaction:**

As the slider is moved left and right Olivia’s expression changes from happy to disappointed and word is highlighted to indicate it is selected. Submit button becomes available when feeling is highlighted.
14.1 Birthday Feedback

Visual Description:

Heart standing beside text box. Picture of markers.

Audio/Text Feedback:

Great job! Having more than one feeling at the same time can feel confusing, but it’s 100% ok to feel both of these things at the same time.

You might also feel something completely different other than feeling happy or disappointed, and that’s ok too!
15. Movie Night

Visual Description:
Olivia standing in front of text box with instructions and image of popcorn and a remote. A slider (button on line) is below the text Excited and Jealous. Excited is on the left and Jealous is on the right separated by a dotted line.

Audio:
Your dad said you can stay up late to watch a movie, but only if your little sister can choose which movie. You might be excited to stay up past your bedtime but jealous you aren’t the one picking the movie.
Drag the slider show if you’re more excited or jealous.

Interaction:
As the slider is moved left and right Olivia’s expression changes from excited to jealous and word is highlighted to indicate it is selected. Submit button becomes available when feeling is highlighted.
15.1 Movie Night

Visual Description:

Heart standing beside text box. Image of popcorn and a remote.

Audio/Text Feedback:

Another good answer! Feeling both excited and jealous is completely understandable, even though it might feel confusing. It’s totally normal to feel mixed up! Let’s look at one more example.
16. Award Winner

Visual Description:
Olivia standing in front of text box with instructions and image of trophy. A slider (button on line) is below the text Proud and Nervous. Proud is on the left and Nervous is on the right separated by a dotted line.

Audio:
You won an award at school, but you have to get on stage to accept it. You might be feeling proud that you won but nervous to be on stage in front of everyone.
Drag the slider show if you’re more proud or nervous.

Interaction:
As the slider is moved left and right Olivia’s expression changes from proud to nervous and word is highlighted to indicate it is selected. Submit button becomes available when feeling is highlighted.

16.1 Award Winner Feedback

It's perfectly ok to feel all of those things, none of those things, or even some feelings we haven't even talked about. Life can be complicated so it makes sense that our emotions can feel complicated and confusing sometimes too.
Remember, it's also totally ok if you're not feeling either or if you're feeling something in addition!
**Visual Description:**

Heart standing beside text box. Image of a trophy.

**Audio/Text Feedback:**

It’s perfectly ok to feel all of those things, none of those things, or even some feelings we haven’t even talked about. Life can be complicated so it makes sense that our emotions can feel complicated and confusing sometimes too.

Remember, it’s also totally ok if you’re not feeling either of those things or if you’re feeling something in addition!
17. Wrap-up

**Visual Description:**
Heart standing next to a text box filled with text that corresponds with audio.

**Audio:**
If ever you find yourself feeling confused, lonely, or even really happy, know that you can always talk to someone about how you’re feeling.

We all have feelings. It’s ok to talk about them, and sometimes, talking about them even helps us feel better!

Knowing how we’re feeling and expressing that to others is an important communication tool.

If you’re ever unsure how someone else is feeling, remember to try reading their body language, or simply ask how they’re feeling!

**Interaction:**
None
18. Your Journal

Visual Description:
Heart standing with speech bubble with corresponding audio. Olivia and Amelia standing to the side, smiling. Your Journal button.

Audio:
Remember the words you added to your journal? Select the button below to print it out!

Interaction:
When Your Journal button is selected, webpage opens with a list of feeling words you selected as knowing and feeling words you selected as not knowing and wanting defined.
19. Conclusion

Visual Description:
Heart, surrounded by other hearts. SafeSecureKids.org text beside.

Audio:
Thanks for hanging out with me today and talking about this important topic.
If you’re ever not sure who you can talk to about feelings, check out our lesson on trusted adults!
You and a trusted adult can also explore some other topics on safesecurekids.org.

Interaction:
None