

Face Your Feelings

A Self-Exploration Book
For Grades 3-6



By Nicole Cleveland, M.E.d.

Dedication

Love, gratitude and blessings to my family, most especially Jake, Josh, Scott, and Mom. I know I can always face any and all feelings thanks to you!

About the Author

Nicole Cleveland, M.Ed., has 20 years' experience as an elementary educator and counselor. She was the South Texas Counseling Association's Elementary Counselor of the Year for 2010.

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How to Use *Face Your Feelings*

Face Your Feelings can be used in small-group or individual counseling or classroom guidance sessions. Everyone has feelings. But not everyone perceives or handles them the same way.

Allow children to reflect on each page. When they respond through writing and/or drawing, encourage them to share their thoughts. Children, especially in small groups, are often reassured to find that others respond to certain feelings as they do.

I believe in bibliotherapy. Visit a library, look through catalogs, or check Marco's website (www.marcoproducts.com) to see which good books on the market could enhance your presentations.

After completing *Face Your Feelings*, children should recognize feelings more readily and better understand how to respond to and express them. They will feel confident they can be in charge of their hygiene and choose proper nutrition and exercise to make themselves stronger.

Children who are strong physically and emotionally, have empathy, and give to others make a positive difference every day!

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Instructions for Using the CD



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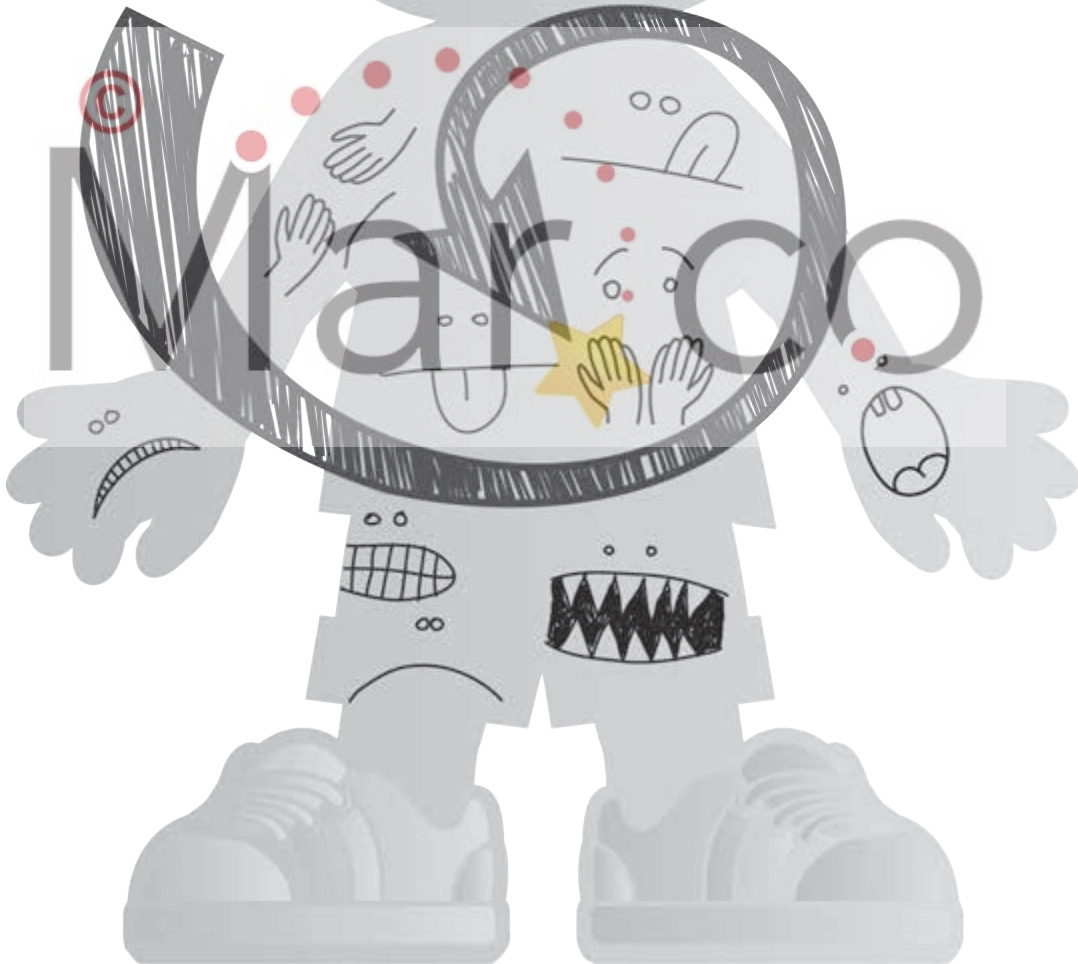
Part 1_FaceYourFeelings.pdf is the same as Part 1 in the book (pages 5-15)

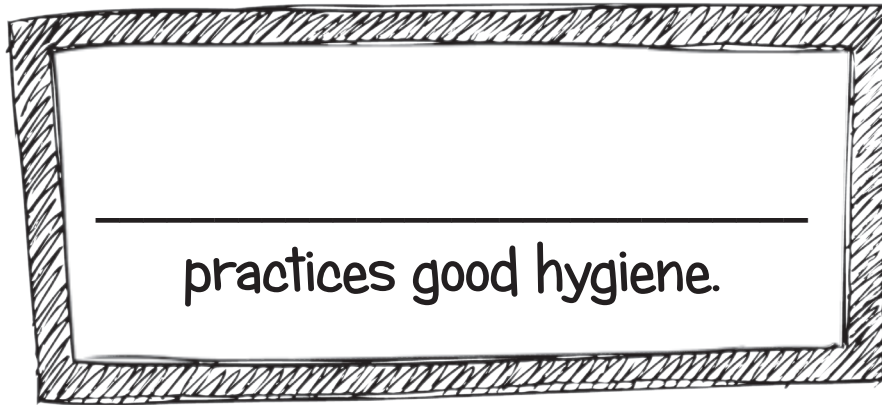
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A JOURNEY TO THE Center of Yourself

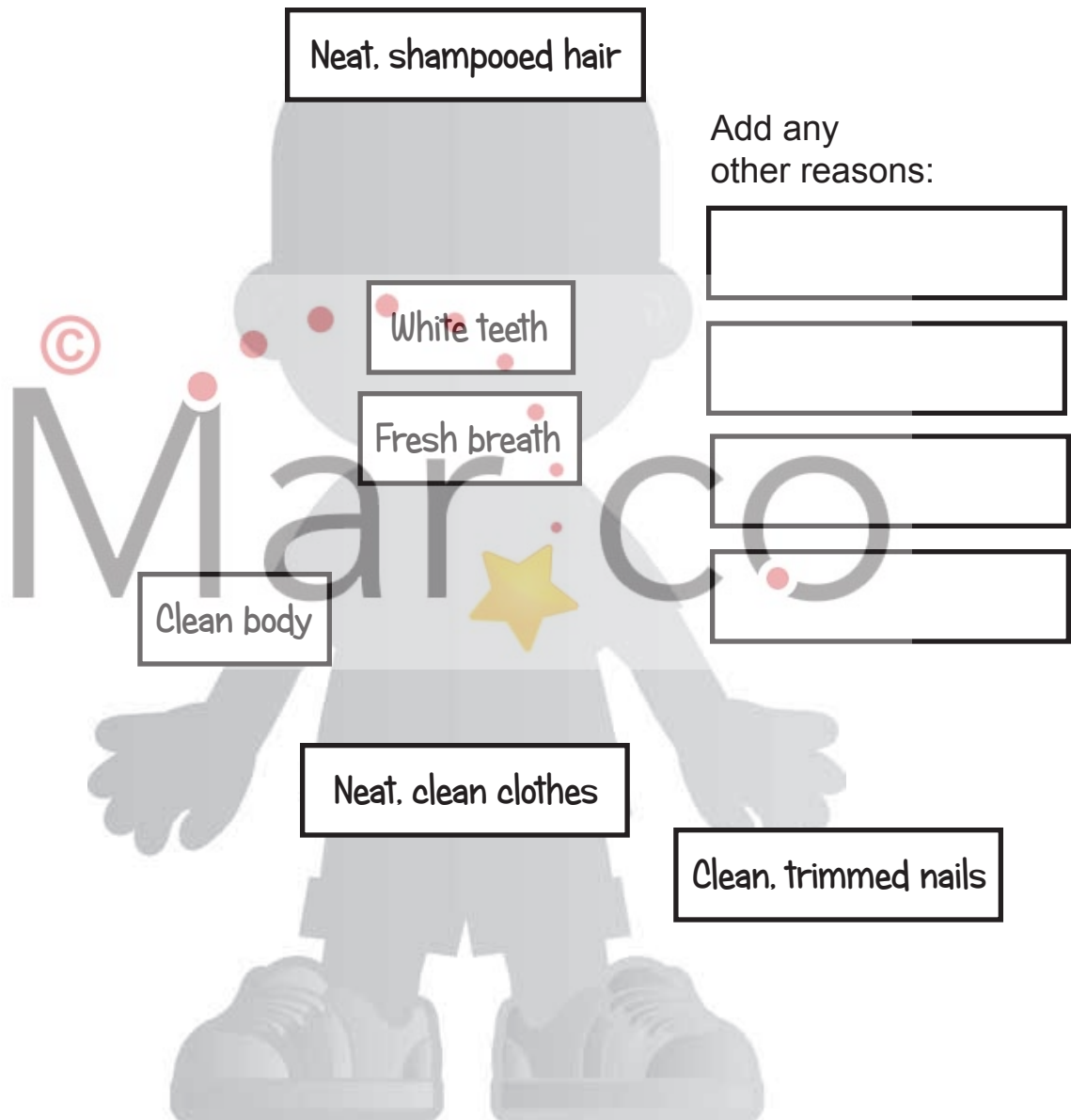
**Feelings kept
inside ourselves
sometimes
cause problems.**

In this part of your book,
you will learn to identify
what causes some feelings and
how to express feelings in a
positive, healthy way.





Highlight the reasons you believe this person has good hygiene habits.



What Now?

Name 3 new things you would like to do to help others. Come up with your own ideas or choose from those you did not highlight on the *Altruistic Activities* page.



Whose help do you need to accomplish any of the things listed above?

THE FOLLOWING SAMPLES
ARE REPRODUCIBLE/PRINTABLE PAGES
INCLUDED ON THE CD-ROM

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Getting Feelings Out

Exercise, sports, playing games, drawing or painting, singing, playing or listening to music, writing, and talking are good ways to express feelings.

Highlight the 4 activities that would best help you express your feelings.

Writing
Drawing
Talking
Playing games
Playing sports
Exercising
Relaxing
Listening to music
Reading
Singing
Painting
Playing music

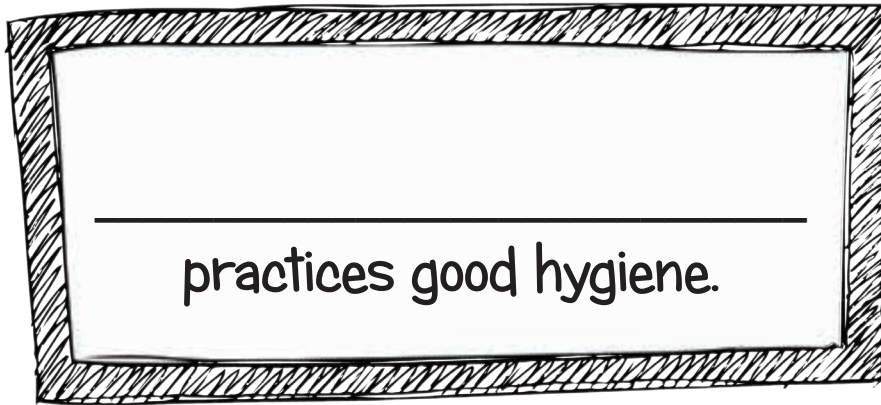
The worksheet features a central list of 12 activities. The word 'Relaxing' is highlighted with a yellow star. Surrounding the list are various colorful illustrations: a yellow pencil, a purple marker, an orange marker, a soccer ball, a basketball, a red book, a blue pen, a blue pen, a green notebook, musical notes, and speech bubbles. A large, faint 'Mar-co' watermark is visible in the background.

Drawing something fearful
makes it less powerful!

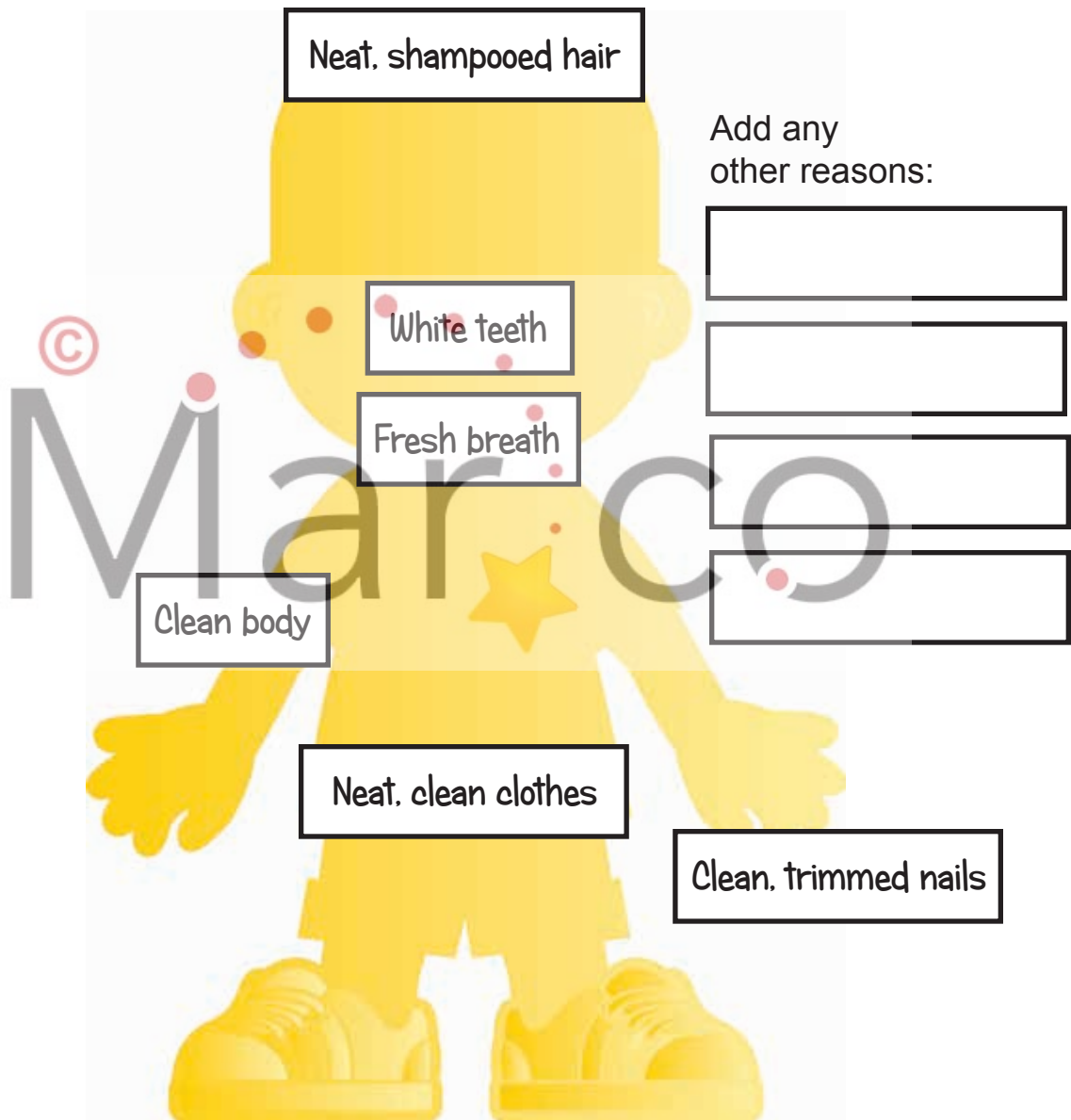
Things that
FRIGHTEN ME...



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Highlight the reasons you believe this person has good hygiene habits.



My Nutrition Plan

I will eat more _____ , _____ & _____ daily.
(NAME 3 FRUITS)

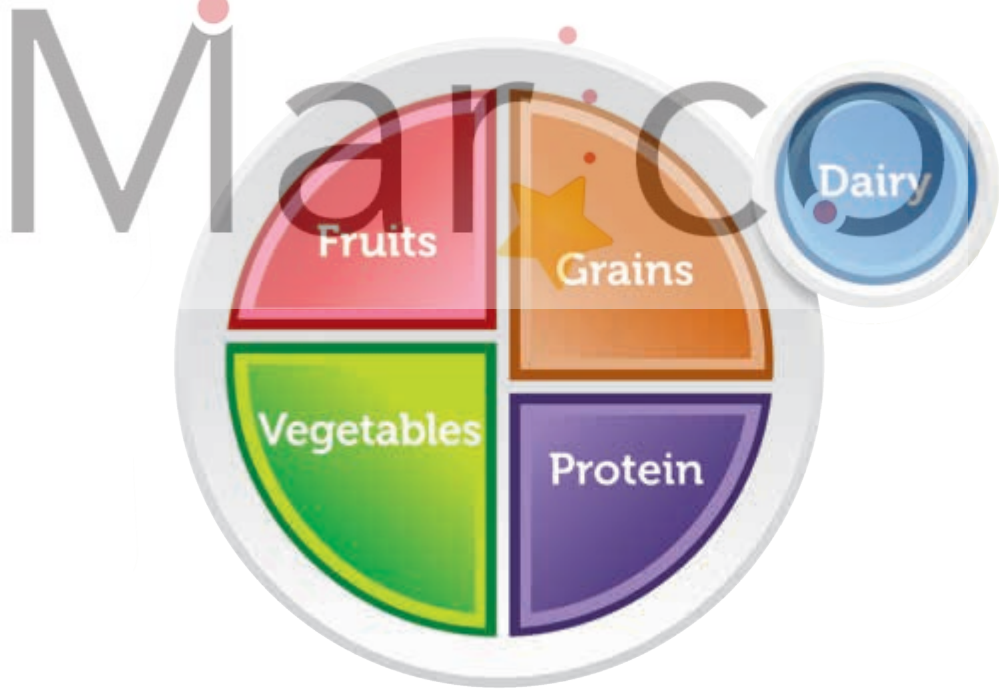
I will eat more _____ , _____ & _____ daily.
(NAME 3 VEGETABLES)

I will drink more _____ daily.

I will eat _____ .

I will drink _____ .

_____ SIGNATURE _____ DATE



Graphic from: www.choosemyplate.gov

My Altruistic Plan

I plan to continue _____ to help others.

I will also try _____
to give of myself to others.

Talents I could share with others are: _____

To help keep my community and environment clean and healthy, I will:

