

# Peacemaker Tools Weekly Newsletter



## Issue 4: Feelings

Identifying how you're feeling and recognizing the cause of that feeling is the key to social and emotional well-being. We often don't know why we are feeling and behaving in a certain way. When we learn to recognize and manage our own emotions it leads to greater understanding of our attitudes and behaviors.



### Relate

When we relate, we connect with others as we share our perspectives and experiences.

### Let's Practice

Share how you feel today. Is it a comfortable or uncomfortable feeling? (Uncomfortable feelings: angry, worried, sad; Comfortable feelings: happy, calm, thankful.)

### Come Learn More

Explore more resources, activities, and ideas at our Peacemaker website: [www.peacemakerresources.org](http://www.peacemakerresources.org)

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### Regulate

When we regulate, we are able to think, listen, and identify our needs and feelings.

### Let's Practice Smile Breathing

Rub our hands together quickly to get them warm. Place your warm hand on your cheeks and notice how it puts a smile on your face. Close your eyes and take a deep breath in and out. Repeat.

[www.teachpeace.link/smilebreathing](http://www.teachpeace.link/smilebreathing)

### Reason

When we reason we reflect, learn, gain understanding and develop strategies for problem solving.

### Let's Practice

**Emotions Brainstorm** – Set a timer for 3 minutes. Brainstorm as many feelings words as you can and write them down. When the time is up, go through the words and write C by the comfortable and U by the uncomfortable feelings. Are there more comfortable or uncomfortable feelings?

**Feelings Charades** – Using your list of feeling words play charades. Take turns choosing a feeling and act it out without saying a word. See if your family can guess the feeling!