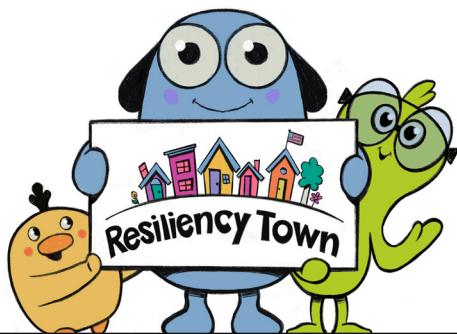


Day 1: Our Big Feelings

- Today in Resiliency Town students learned about **BIG** feelings: happy, sad, mad, scared and uncertain.
- Most children are already familiar with the feelings happy, sad, mad and scared, but uncertainty is new to many and may be a little hard for young children to understand at first. **The main point that we hope they understand is that they may have more than one feeling at a time.** For example, it's normal to feel a little excited and scared about something at the same time, or to be mad at someone that you love. Being able to recognize and verbalize these conflicting feelings is a very important step to eventually being able to cope with (or navigate) them.
- We also want to impress upon children that feelings are never right or wrong, or good or bad. All feelings are normal and acceptable. It is how we express our feelings that can be problematic.
- Lastly, we want children to learn that everyone is unique and different. As a result, we may have different feelings than those around us. For instance, some children may be very excited about starting kindergarten, while others may be very anxious, and that is okay. More than likely, many children are uncertain; they have some feelings of excitement and some anxiety at the same time, and that too is okay.
- **Resilience is the ability to bounce back from difficult situations. Being able to identify and verbalize feelings is a first step towards resilience.**
- We appreciate you taking the time to bring your child to Resiliency Town. We hope that you will use this opportunity to talk more with your child about feelings. You serve as a model for them when you verbalize how you are feeling.
- There are activities in the take home book each day that your child can work on independently and there will always be an activity that you or another adult or teen in your home can do with your child.
- We have put together a list of websites and videos that support the lesson for each day of Resiliency Town. They are purposefully short, but informative, as we understand that your time is valuable. **This information can be accessed by scanning the QR code below.**
- **We welcome and value your feedback.** If there are ways we can improve upon your child's experience in Resiliency Town, please feel free to speak to one of the group leaders directly, or contact **Chris Ruma-Cullen, Director of Prevention Services** at **216-320-8203** or **cullenc@bellefairejcb.org**.



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