

Day 2: How Feelings Change our Bodies

- Today in Resiliency Town students learned about how we experience feelings in our bodies. These body sensations may include racing heart, shaking legs, clenched fists, tears, face feeling hot, smiling, a “twisty” tummy or others.
- We want children to know that all these feelings and body sensations are normal and acceptable, even tears.
- Similar to yesterday’s lesson, when we are taught that we are all unique and have different feelings, this reminds children that we all feel things differently in our bodies. One person might notice a racing heart when anxious, and another might notice shaking legs or a “twisty” tummy. Each is normal.
- Being aware of these bodily sensations and understanding what they mean helps us be able to identify and label our feelings. Sometimes these are our first clues to how we are feeling. **The more we can identify and verbalize our feelings, the more resilient we can be.**
- 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 and where in your body you experience them.
- 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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