



Video Discussion Tip Sheet

Feel it Together



1) Pay attention to feelings that are heavy.



2) Share those feelings with someone you know.



3) Notice if sharing helped those feelings be lighter.



Watch together! Then talk about:

Practice together! Then talk about:

Additional Tips

- ✓ How was Mena feeling at the start of the story? Why was Mena feeling that way?
- ✓ Can you think of a time when you felt sad and lonely like Mena did?
- ✓ Why do you think Feel It Together helped Mena?

- ✓ Do you feel any different after telling me your heavy feelings?
- ✓ How do you feel?
- ✓ Can you think of other people who you would be comfortable using Feel It Together with?

- ✓ If kids use vague language to describe their emotions, consider saying, "It sounds like you are feeling [disappointed] about [losing the game]." You might then describe what led you to this conclusion: "You are feeling sad and wish that you had won the game." This will help kids to learn and apply more specific language about emotions.



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