

Stress Management and Self Care



Say to Teen: The greatest weapon against stress is our ability to choose one thought over another. In this activity, we will be researching if animals can express emotions as humans. We are all living beings, so is it possible for animals too. Let's find out!

Do Animals Feel Emotions?

Materials:

- Paper
- Pencil
- Online access

Instructions:

- Prompt teen with question: Do animals feel emotions or do humans project their own emotions onto animals?
- Have teen consider the question by researching online, focusing on a specific animal of their choosing. For example, they chose a monkey.
- Then, have teen compare how animal and human brains process information and feel emotions.
- Have teen record their findings and then when done, have teen share with adult what they found out about the animal they researched.

Reflection: Discuss with teen that emotion management is important in our lives and depending on their findings, connect it to their research. It impacts our bodies and brains. Noticing signs happening in our bodies and brains can help us manage our emotions such as headache, feeling hot, stomach hurting, etc. Have teen identify their feelings that causes these signs. Learning to identify and naming these feelings helps us stay in control.

