

Stress Management/Self Care



Say to Youth: Set peace of mind as your highest goal. In this activity, you and I will talk about a time when you felt a strong emotion and then express it with a number. Let's go!

Materials:

- Feelings Scale worksheet
 - If have online access: https://www.cfchildren.org/wp-content/uploads/blog/summer-camp/Week2/08_feelings_scale.pdf
- Pencil

Instructions:

- Using the Feelings Scale worksheet, have youth imagine a time when they strongly felt each of the feelings listed.
- Ask youth to rate that intensity on a scale of 1 to 1,000 and write it next to the feeling
- Then, have youth identify how many 1s, 10s, and 100s they have in each of their numbers



Reflection: Discuss with youth about some of the physical and mental signs that go with some of the feelings listed in the worksheet. For example, if youth remembered a time when they were angry, they could talk about how their body and/or mind was reacting to the situation. Were their shoulders tense? Red face? Legs shaky? Can't think straight? Mind starts racing? Have lots of mean, angry thoughts?