

# How You Feel is Important



We all feel many feelings - it's normal! If you feel sad, upset, worried, or angry, you're not by yourself. Please talk to an adult like a **parent**, **guardian**, or **teacher** when you feel these feelings so they can help you.

*Have a student volunteer to act out how to approach an adult when feeling sad, upset, angry, etc. and the teacher helps them.*



**Student:** *\*approaches teacher\** I've been feeling really sad and overwhelmed lately. I feel like I can't focus on anything.

**Teacher:** Thank you for trusting me with this information. Would you like to talk more about it?

**Student:** Yes, please.

**Teacher:** Okay. Is it okay if I share this information with a counselor, who is another trusted adult? They are here for you to talk to.

## CPS Vision

Chicago Public Schools recognizes and values the importance of mental health supports and services for the well-being of our students, staff, and school communities.

We commit to promote, provide, and develop a robust continuum of care through the convergence of policy creation, behavioral health services, multi-tiered systems of social and emotional support, restorative practices, and community partnerships to advance a culture of mental health and wellness in equitable ways across the district.

## A Prompt

**CPS staff, have parents/teachers share this with students:**

- Be sure to answer any questions they have, and explain terms (i.e. feelings, guardian, etc)
- Ask them how they are feeling daily to see if there is a pattern; use the visual chart if appropriate
- Reassure them that they can come to you anytime
- Have this discussion in a safe and comfortable environment
- Slow down/back up if they seem confused
- Show visuals (emotion charts/emojis) of emotions

CPS recommends school staff reference and utilize the second step curriculum to assist early learners with understanding and managing their emotions.



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