

How Are You Feeling?

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 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.

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FEELINGS



Happy



Sad



Surprised



Scared



Angry



Worried



Frustrated



Disappointed



Excited



Calm

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.