



そうだしつだより

Counselor's Room Newsletter

特別号

Special Edition

About Feelings

Feelings have a big effect on our actions. Since our activities can have positive or negative effects on the people around us, it is important for you to think about how you are expressing the emotions you are feeling at any given time.

I think this will be useful when meeting friends or teachers when school reopens.

From the ways of expressing feelings, draw a ○ in the areas that most closely match the way you usually express yourself.

Next, draw a ○ if you think that it is a good way of expressing your feelings.

●When you are angry

	Usual Self	That Way You Think is Good
Spitting		
Yelling at the other person		
Hitting the wall		
Taking out your anger on someone		
Doing exercise		
Talking about the cause		
Making an effort to change when thinking about something unpleasant		

●When you are sad

	Usual Self	That Way You Think is Good
Complaining to your parents		
Crying		
Eating many candies		
Thinking about what is the cause		
Talking to someone		

●When you think you did something wrong

	Usual Self	That Way You Think is Good
Forgetting about it		
Getting angry because you do not like the awkward feeling		
Apologizing by writing a letter		
Talking to the other person		

●When you are happy

	Usual Self	That Way You Think is Good
Doing everything the way you want in order to make yourself always feel happy		
Brag about something good that happened		
Let others feel good as well		

What did you think about your ways of expressing feelings?

If you could not express your feelings in a good way, talk to your parents on what you can do to be able to express your feelings well.

Reference: "The Relaxation and Stress Reduction Workbook for Kids" By Lawrence E. Shapiro