

how to teach pFF™

pocket Full of Feelings™ (pFF™)



ENGAGE THE CHILDREN

Read the **pFF™ Feelings-N-Me Storybook to the children**. This book is a wonderful tool to learn about the way children feel, show how feelings are tied to behaviors and teach children new ways to deal.

pFF™'s 3 STEP PROCESS



STEP 1: IDENTIFY, DEFINE AND VALIDATE THE FEELINGS WITH THE POFFS AND POFFS' POCKET

Make all of the **pFF™** feelings visible in the classroom.

Assure children it is okay to talk about their feelings. Let children know that all of the feelings they have are real and okay. Recite together, "Feelings are real and something we feel."

Select a feeling **pOFF** from its pocket to go over the definition with the children in class. You may want to choose 1 feeling for a selected period of time. For example, select 1 feeling to discuss in class for a 2 week period.

Identify and go over definition of the selected "feeling of the week" and talk about the color and expression of the feeling. (For definitions of all 15 feelings, see the **pFF™ Feel & Deal Guide**).

Discuss examples of this feeling with the children. Let them touch the feeling **pOFFs**, and take them in and out of their special pocket when practical. Allow children to journal or draw about the feeling.

STEP 2: MAKE THE CONNECTION BETWEEN FEELINGS AND BEHAVIORS

Discuss "common behaviors" that come from the feeling of the week. (For examples of Common Behaviors that come from all 15 feelings, see the **pFF™ Feel & Deal Guide** or **Feel & Deal Guide Pocket Guide**).

Explain that feelings cause people to behave in certain ways and give the children examples. Use the feeling **pOFFs** to discuss different ways the children's feelings have caused them to behave. Call out a feeling and have the students make a face or tell a behavior that goes with it. Pass the **pOFF** around and let the children share their ideas.



STEP 3: TEACH POFFER'S NEW WAY TO DEAL WITH FEELINGS

Go over Poffer's "How to Deal Techniques," from the **Feel and Deal Guide**, for the feeling being discussed.

Share with students what you expect for them to do when the feeling comes to them at school. Go over **PoFFer's How to Deal Techniques** from the **Feel & Deal Guide**. Ask the children to share or give more ideas about positive ways to deal with the feelings. Explain to children that they can practice these ways to deal in order to be successful. Recite together, "What matters the most is the way that we deal!"

If possible, break into small groups for children to talk through the feeling together.

REINFORCE WITH MUSIC

Sing the **pFF™ Songs** together to remind kids that their feelings are *real* and something they *feel* and what matters the most is the way that they *deal*! To download the **pFF™ Songs**, go to www.pocketFullofFeelings.com.

WATCH AS BEHAVIOR AND MOODS IMPROVE

Remind children that they know exactly what to do, to feel good about the way they behave.

www.pocketFullofFeelings.com    

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