

pFF™'s 3 simple steps *quick start* (using sad as an example) pocket Full of Feelings™ (pFF™)



STEP 1: IDENTIFY AND DEFINE

Start by saying that we are going to play a fun game... Let a child pick a random feeling pFF from the pFFs' pocket or just grab a feeling from a pile of pFFs. Here is a sample of what you can say if your child picks sad to identify and define it.

IDENTIFY

SAY: Which feeling pFF did you pick? What color is it? Yes, you picked sad (feeling) and it is light blue (color).

SAY: PoFFer wants to know... whoooo gets sad (feeling)?

SAY: How does it feel to be sad (feeling)?

Let kids share what the feeling that was picked means to them. Affirm and discuss kids' responses and give examples. This is an opportunity for rich discussion and emotional awareness.

SAY: "sad (feeling) is something we feel that is real... and what matters the most is the way that we deal."

DEFINE THE FEELING

SAY: sad (feeling) is when you feel hurt or hopeless (see the pFF™ **Feel & Deal Guide** in the **Parent** or **Teacher Guide** for definitions to all feelings).

SAY: Whooo wants to tell us... or can you tell me... When does sad (feeling) come?

GIVE AN EXAMPLE OF WHAT MAKES PEOPLE FEEL SAD.

LIKE: Yesterday when I heard that my sister's fish died, I felt sad.

STEP 2: MAKE THE CONNECTION

SAY: Can youuuuu... can tell me?

What does sad (feeling) get you to do when it comes?

SAY: How do you usually deal with sad (feeling) when it comes?

EXPLORE OTHER BEHAVIORS THAT COME FROM THE FEELING PICKED.

This is an opportunity to make the connection between feelings and behavior so kids learn 'why' they behave a certain way. **REMEMBER:** Children behave because of the way they feel.

GIVE AN EXAMPLE OF BEHAVIORS THAT COME FROM SAD.

LIKE: Yesterday when I heard that my sister's fish died, I felt sad and because I felt sad, I cried and hung my head down.

REMINDE KIDS THAT: Sad (feeling) is something we feel that is real and what matters the most is the way that we deal.

STEP 3: TEACH NEW WAY TO DEAL

(See the pFF™ **Feel & Deal Guide** in the **Parent** or **Teacher Guide** for definitions to all feelings).

SAY: pFF™ and PoFFer have great tips for kids, like you, on exactly what to do with sad (feeling) when it comes.

SAY: Whoooo wants to hear, or do youuuu want to hear what PoFFer has to say about what we can do when we feel sad (feeling)?

GO OVER THE PFF NEW WAYS TO DEAL WITH WHICHEVER FEELING IS BEING DISCUSSED.

GIVE AN EXAMPLE:

LIKE: When you feel sad, PoFFer says you can tell someone and talk about what is making you sad, move your body or turn on your favorite song to deal with it.

SAY: When sad (feeling) comes around, like a wave on the shore, what matters the most...?

LET THE KIDS FINISH THE SLOGAN WITH YOU... is the way that we deal! This promotes emotional intelligence and gives children the tools they need to learn to deal positively with the way they feel.