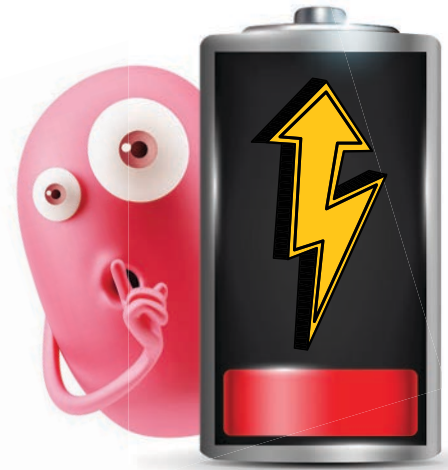


When Emotions Get Large, It's Time to Recharge Your Battery.

Think about uncomfortable emotions as little friends who care about you. They want to warn you when your battery is low. When you ignore them, they get big and loud and sometimes even pile up to get your attention. Our books and worksheets will teach you how to listen to them and befriend them so they don't have to get loud and scary for you to notice them.



Panic happens when all your little friends are yelling at the same time to recharge your battery.

It's okay to panic sometimes.

Battery Check for Educators



DO YOU HAVE HOPE?

Do you have hope for your future and motivation to get up in the morning?

 Y N

DO YOU FEEL CONFIDENT IN YOURSELF?

Do you feel confident in your ability to solve your problems and contribute to your family, work, and community?

 Y N

DO YOU FEEL LIKE YOU BELONG?

Are you getting enough hugs? Do you feel like you belong? Do you feel loved and accepted just as you are? Do you have a good relationship with yourself?

 Y N

DO YOU FEEL SAFE?

Do you have enough food and money? Do you feel safe in your home? Do you feel safe in your job? Do you feel safe in your community? Safe from coronavirus?

 Y N

ARE YOU COMFORTABLE?

Are you physically comfortable? Too cold? Too hot? Hungry? Thirsty? Do you have to go to the bathroom? Did you get enough sleep?

 Y N

HIGH
PRIORITY



LOOK FOR
THE GOOD®
PROJECT.ORG

What do you need RIGHT NOW?

Do you need to eat something?

Yes

No

Do you need to drink something?

Do you need some more space?

Do you need to go to the bathroom?

Do you need a nap?

Do you need to take a walk?

Do you need quiet?

Do you need a hug?



CHARGE YOUR BATTERY



Dance It Out!



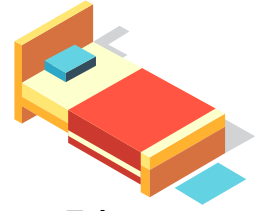
Get a Glass of Water



Ask for a Hug



Reach Up & Stretch!



Take a Nap



Do Five Jumping Jacks



Go on a Walk



Talk It Out & Ask for Help



Make a Healthy Snack



Snuggle a Pet



Get 15 Minutes of Sunshine



Take 10 Deep Breaths



Blow Bubbles



Look Out the Window



Color or Doodle



Let Yourself Cry

Read a Book



How's Your Relationship with Anger?



SELF-CHECK:

I feel heard & respected by other people.	<input type="checkbox"/> Y	<input type="checkbox"/> N
I am comfortable speaking up for myself.	<input type="checkbox"/> Y	<input type="checkbox"/> N
I take good care of myself.	<input type="checkbox"/> Y	<input type="checkbox"/> N
I am comfortable saying "no" to people.	<input type="checkbox"/> Y	<input type="checkbox"/> N
I can identify my boundaries well.	<input type="checkbox"/> Y	<input type="checkbox"/> N
I can identify my own emotions from others.	<input type="checkbox"/> Y	<input type="checkbox"/> N
I can say, "I am angry" when I'm upset.	<input type="checkbox"/> Y	<input type="checkbox"/> N
I am kind when expressing my anger.	<input type="checkbox"/> Y	<input type="checkbox"/> N
I am not ashamed of being angry.	<input type="checkbox"/> Y	<input type="checkbox"/> N

If you answered 100% of questions with a "yes," you have a great relationship with Anger. (It's normal not to get 100%.)



How's Your Relationship with Fear?



SELF-CHECK:

I follow through on my plans.	<input type="checkbox"/> Y	<input type="checkbox"/> N
I feel calm in emergencies.	<input type="checkbox"/> Y	<input type="checkbox"/> N
I am comfortable in my surroundings.	<input type="checkbox"/> Y	<input type="checkbox"/> N
I tend to trust my instincts & act on them.	<input type="checkbox"/> Y	<input type="checkbox"/> N
I am relaxed about changes in my life.	<input type="checkbox"/> Y	<input type="checkbox"/> N
I can focus under pressure.	<input type="checkbox"/> Y	<input type="checkbox"/> N
I am not ashamed of being afraid.	<input type="checkbox"/> Y	<input type="checkbox"/> N
I can say, "I am scared" when I'm scared.	<input type="checkbox"/> Y	<input type="checkbox"/> N
I can identify fear in other people.	<input type="checkbox"/> Y	<input type="checkbox"/> N

If you answered 100% of questions with a "yes," you have a great relationship with Fear. (It's normal not to get 100%.)



How's Your Relationship with Sadness?



SELF-CHECK:

I'm able to let go of things.

Y

N

I can move on when situations aren't working.

Y

N

I am comfortable with change.

Y

N

I can easily say, "I'm sad."

Y

N

I'm comfortable crying & can do that easily.

Y

N

I can give myself space for grieving.

Y

N

I can feel all of my emotions.

Y

N

I can fall asleep easily.

Y

N

I can relax, have fun & accept kindness.

Y

N

If you answered 100% of questions with a "yes," you have a great relationship with Sadness. (It's normal not to get 100%.)

Here's How Uncomfortable Emotions Can Help You...



Anger helps you protect your boundaries & speak up for what you need. When anger is present, someone may have crossed a boundary you didn't even know you had. What boundary do you need to state?



Sadness helps you let go or accept a big change. It clears space for love and kindness, even if it's simply an opportunity to be kind and loving to yourself. As you befriend it, you become peaceful, compassionate, and wise.



Fear helps you pay attention, get organized, or identify danger. Fear + Creativity = Resourcefulness
Fear gives you the energy to create the solutions you dream up.



Disappointment helps you speak up, let go, or make a change. It's normally a mixture of sadness and anger.



Loneliness helps you rethink your friendships or connect more deeply with yourself, others, or the activities that are important to you. It's a great opportunity to discover inner passions.
Loneliness + Creativity = Solitude



Overwhelm helps you know when your battery is zapped and you need to take a break. It can feel like apathy, tiredness, numbness, or panic.

Sign-up for our free program: lookforthegoodproject.org

Kindness & Safety Feel Like Sunshine. Who's YOUR Safe Person?

According to Dr. Lindsay Gibson, safe people do these things:

They are consistent and reliable.

They work with reality and don't deny it.



They are consistent.



They don't take everything personally.



They are respectful and return your love.

They respect your boundaries.



They give back.



They are flexible and compromise well.



They're even-tempered.



They're willing to take suggestions.



They're truthful.



They know how apologize & make amends.



They can respond to you with kindness.

Their empathy makes you feel safe.



They make you feel seen & understood.



They like to comfort & be comforted.



They reflect on their actions & try to change.



They also
make you
feel calm.



Write Your "You Matter Letter"

Follow this template to write your letter on a separate piece of paper.

Date

Dear _____ ,

You matter to me because...

Thank you for saying these things that make me feel safe and loved...

I am especially grateful when you do this...

...because it makes me feel listened to, appreciated, and supported.

I know this is difficult to do sometimes. Thank you for trying your best to be so kind to me. You matter to me and are making a big difference in my life.

Sincerely,



**For more info,
visit our website:**



Sign-up anytime for the free program on emotions (and please share!).

Since the Gratitude Campaign Program takes time to plan, we recommend scheduling it for January 2021 onward. It costs \$500 per school.