

Acknowledge, Care, Tell.



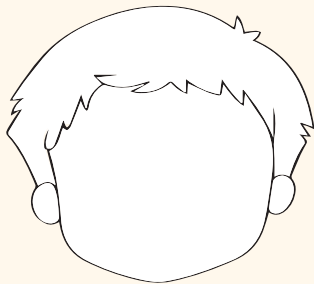
YOUR FEELINGS MATTER

All feelings are normal. Everyone has them. There are a lot of different feelings, some feel good, and some feel bad.

We can talk about all of them. Talk to a friend or a trusted adult. Some examples of a trusted adult are your teacher, parent, grandparent, or coach.

You Matter and Your Feelings Matter!

Color the faces and talk about the emotions they are expressing. How does this emotion feel to you? *For example:* When I am happy, I have a lot of energy and want to talk a lot or play with my friends. Draw in the two blank faces how you felt today.







Happy



Sad



Worried



Angry

When We Notice a Friend Is Feeling Bad, Then We Should A.C.T.:

A

Acknowledge: Be aware of how someone is feeling or if you feel bad for a long time. We need to notice feelings so we can get help or let them know we care.

C

Care: Let someone know that you are a friend, and you want to help them. Everyone needs a friend and helping someone makes them feel cared about.

T

Tell: Talk to a trusted adult if you are worried about someone or if you need help. A trusted adult can help and make sure everyone is ok.

Acknowledge, Care, Tell.



Word Search

O	V	V	K	B	Q	T	R	N	T	W	I
F	R	I	E	N	D	D	U	B	T	O	Y
R	K	L	M	M	T	L	S	C	E	R	O
J	C	I	W	B	K	Q	K	A	L	R	X
L	M	E	X	A	S	N	R	R	L	I	A
H	F	U	A	J	A	Q	C	E	H	E	V
A	N	G	R	Y	D	D	Z	Y	T	D	N
A	S	K	W	H	A	P	P	Y	P	Q	V

Find the following words in the puzzle. Words are hidden right to left, horizontally, vertically and diagonally.

ANGRY

ASK

CARE

FRIEND

HAPPY

SAD

TELL

WORRIED

Parents Corner

Teaching children to talk about their feelings is a big step in building resilience. Being present and listening are keys to building trust. Below are some conversation starters.

1. What was your favorite part of your day and how did it make you feel?
2. What was your least favorite part of the day and how did that make you feel?
3. Who did you spend time with today and what did you talk about?
4. Do you ever feel scared that something bad might happen? What do you do to make yourself feel better? Grown ups can feel scared too. When I'm scared, I don't like it. This is what I do to feel better...



*NORTHCOM: Dial 988 then Press 1

*PACOM: Call +1 844-702-5493 (off base) or DSN 988 (on base)

*EUCOM: Call +1 844-702-5495 (off base) or DSN 988 (on base)

*CENTCOM: Call +1 855-422-7719 (off base) or DSN 988 (on base)

*AFRICOM: Call +1 888-482-6054 (off base) or DSN 988 (on base)

*SOUTHCOM: Call +1 866-989-9599 (off base) or DSN 988 (on base)