

Daily Feelings Check

Feelings are temporary. They come and go all day long, informing how we think and act. We know it is healthy to take a 'mindful moment' to assess how we feel in the present. This can allow for healthy transitions between activities and can simply allow a mental reset to stabilize our thoughts and bring us back to the current moment. Additionally, it can be a healthy and fun idea to track feelings over the course of the day, and to discuss them together as a group. So often we skip over daily thoughts and feelings that are impactful, which can mean missing opportunities to learn who we are and what we need. This is an activity that will provide groups those important opportunities to track feelings over the course of one, or multiple, weeks.

Social Emotional Learning Competency:

- Self-Awareness and Self-Management

Purpose:

- Learn about personal patterns of daily feelings and emotions.
- Reflect on how feelings are linked to thoughts and actions.

Materials

- 'How did I feel today?' worksheet:
<https://www.rewardcharts4kids.com/wp-content/uploads/2014/04/weekly-feelings-chart-mon-sun-1.jpg>
- Pen/Pencil

Success Indicators

- Participants ask questions about what different feelings mean.
- Participants self-reflect and grow comfortable sharing over time.

Recommended Group Size:

- 2-25

Est. Time: 5-15 minutes

Recommended Age:

 9-Adult

For more information and activity resources visit <https://ohio4-h.org>

Activity Description

1. Print a copy of the, "How did I feel today?" worksheet found here: <https://www.rewardcharts4kids.com/wp-content/uploads/2014/04/weekly-feelings-chart-mon-sun-1.jpg>.
2. Give each participant a worksheet and feel free to use your own prompt, or a variation of the following:

"Our feelings can sometimes confuse us, but they can also tell us things about who we are, what we enjoy, and what we need. Sometimes we skip over feelings. We want to take time to focus on how we are feeling, and to see what thoughts and actions those feelings lead to. Starting today, we are going to spend the next week reflecting on how we feel during the morning, afternoon, and evening times. Fill in this worksheet and we will take a little time to share."

3. After giving participants a chance to fill in the worksheet, here are three potential questions to guide reflection:
 1. What were some feelings you had today? What do you remember about when, where, and why you had them?
 2. Tell us about what you did and thought about when you felt that way? What did those feelings bring?
 3. What do your feelings tell you about "you?" What about your habits? What about your relationships?
4. Finish by asking for any other thoughts or feelings from the group, and share your plan for future sharing?

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