

## What are you feeling?

### A activity to help understand feelings during COVID-19



#### Directions:

Read through each of the below situations, and using the Ocean of Emotion Feelings chart, pick an emotion that one of the fishes is expressing that describes how you would feel in each situation.

#### Situations:

1. You've had the opportunity to sleep in more, go on long walks in the neighborhood with your family, and have more movie nights. How do you feel?
2. After school time is here and instead of having it just being you and your parents/caregivers like you're used to, everyone is home. How do you feel?
3. You're not able to be with your friends in person at school or during recess and have to ask someone to help you talk with them online or through video chat. How do you feel?
4. Your outside and things look different; people are standing farther apart and wearing gloves or face masks. How do you feel?
5. You've been spending more time with your siblings. While you may be fighting more, you're also able to play together more and use your imagination to create more. How do you feel?
6. You are going outside to play, but you're told that you can't go over to a friend's house and need to stay in the yard and practice social distancing. How do you feel?
7. You go to the grocery store, and they are only letting in a certain amount of people at a time. When you go in the store, there are empty shelves where you remember seeing lots of things. How do you feel?
8. The community center you spend time at before and after school during the week and hang out at during the weekend is closed. How do you feel?
9. Last week you saw your teacher, and today you only get to see them for an hour online. Your parents/caregivers are helping you do your projects, or you're doing them alone. How do you feel?
10. Every time you come inside or do something in the house, you have to wash your hands or put hand sanitizer on them. How do you feel?

#### Discussion questions to encourage reflection and sharing:

- Did you feel more positive or negative emotions this week?
- Just like waves, certain feelings can be immense one day and really small the next. What are your big feelings this week? What are your small ones? What do you think makes the difference from day to day? Or moment to moment?
- Naming our feelings helps us move through them. Can you help me name these emotions? If I felt like curling up in the corner of my room or hiding under a table, what word(s) might name my feelings? What if I wanted to punch my pillow? If I can't sit still or concentrate on anything, what am I feeling? If I'm bouncing around the house with a huge smile on my face, what am I feeling? Happy, excited What are some feelings you've had that you'd like help naming?
- Just like the weather can go from sunny to rainy, calm to windy, our feelings can change every day, sometimes even from moment to moment. Name a time when you had a whirlwind of emotions all at once or one right after the other. How do you cope with it?

Thank you to The Nemours Foundation/KidsHealth for their Feeling and Faces activity, which gave Art with Heart inspiration to create these new scenarios and emotion identification around COVID-19. To see their activity visit here: [kidshealth.org/prekto2/personal/growing/feelings.pdf](https://kidshealth.org/prekto2/personal/growing/feelings.pdf)

The discussion questions and ocean of emotion feelings chart are from Art with Heart's therapeutic activity book Draw it Out. To learn more, visit: [artwithheart.org](https://artwithheart.org).

# Emotion Ocean Feelings Chart

All the fishes in the ocean are expressing a different feeling. Is there a fish feeling what you're feeling right now? Do you have a feeling without a fish? Draw your own fish in the ocean, expressing that feeling and label it.



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