**Guess the Feeling Challenge**

*Your sixth grader is in the process of discovering who they are, what their feelings tell them about what they value, and how they experience emotions. Particularly challenging emotions can be a confusing mix of intensity. Being able to unpack what’s going on inside is a critical component of becoming emotionally intelligent.*

**Time**

15-20 minutes

**Participants**

Sixth Graders, Parents, Family Members

**Materials**

Paper or favorite drawing supplies (pencil, markers, or crayons).

**Directions:**

1. When your family is together, discuss your responses to the question: *What feelings are most challenging to you? And how do they impact you/your body?*
2. Make a list of these challenging emotions together. They may include feelings like fear, worry, anger, disgust, jealousy, humiliation, boredom, rage, or others.
3. Select one of the feelings that challenges you the most and don’t tell your family members which one you’ve chosen.
4. Draw what that emotion feels like to you (no judgment on drawings!)
5. Go around and share your drawing. Have other family members guess what the feeling is. See how accurate they are and be open to new insights offered.

**Reflection**

When you experience the challenging emotion you drew, how do you tend to react? Are you proud of how you react? Do you want to react differently?

If you want to react differently, how would you like to react instead?

What could help you change that pattern of reaction? (Keep in mind that pausing and breathing is necessary if you are very upset before you can react in ways you would hope you would.)

**Social and Emotional Skill**

***Self Awareness:*** *Understanding your feelings and how they impact your body and ways you react.*

***Self Management:*** Self soothing through self understanding

***Social Awareness:*** Empathy - learning about others’ thoughts and feelings