

Exploring Our Feelings with Nova and Leo

Be a Feelings Explorer: Understand Your Heart, Mind, and Mood!

- Every emotion, whether it is joy, sadness, or frustration, is valid and tells us something important about our day.
- Using 'I' statements, such as 'I feel disappointed because...', helps us communicate our needs clearly to others.
- Taking deep breaths or stepping away for a moment can help us manage big feelings when they become overwhelming.
- Showing empathy means trying to understand how someone else feels, which helps us build stronger friendships.
- It is okay to ask for help from a trusted adult if a feeling stays for a long time and makes it hard to focus.

Did you know? Did you know? Even though we feel things inside our bodies, scientists have found that our brains and our stomachs are closely connected! That 'butterflies in your tummy' feeling when you are nervous is actually your brain sending a signal to your gut.

Key vocabulary: Emotions · Resilience · Empathy · Regulation · Well-being · Perspective · Communication