Exploring Our Feelings with Nova the Owl

Big or small, feel them all! Let’s explore the world of emotions together.

- **All feelings are valid; it is completely normal to experience a wide range of emotions throughout a single day.**
- **Using 'I' statements, such as 'I feel frustrated when...', helps us communicate our needs clearly to others.**
- **Empathy is the ability to understand and share the feelings of another person, which helps us build stronger friendships.**
- **Physical activity, creative arts, and talking to a trusted adult are healthy ways to manage and process strong emotions.**
- **Feelings are like clouds in the sky; they are constantly changing and moving, so a difficult feeling will not last forever.**

> *Did you know? Did you know that your brain has a special part called the amygdala? It acts like a tiny alarm system that helps you notice your feelings. Sometimes, when we feel big emotions, taking deep breaths helps tell our brain that we are safe and calm!*

Key vocabulary: Resilience · Regulation · Empathy · Mindfulness · Well-being · Perspective