



WIPE AWAY THE FEELINGS

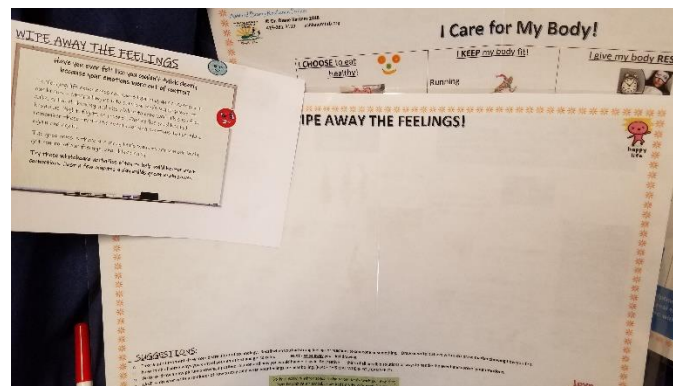
For TEENS

ASSEMBLY INSTRUCTIONS



PRINT the *YOUTH WIPE WAY FEELINGS DRI-ERASE MAT*.
Purchase colorful dri-erase markers.

Print the following two pages front-back in color --make sure second page prints upside down. (Select "flip on short edge" to print)
Fold in half over the dri-erase mat -revealing title page.



Print the *FEELING CHECK* meter in color and include all together.

Encourage youth to give it a try when feelings rise.

WIPE AWAY THE FEELINGS



Have you ever felt like you couldn't think clearly
because your emotions were out of control?

Challenging life experiences can cause lightning quick reactions in our brains – catapulting us into survival mode which prevents calm, rational thinking and the ability to cope well. This is often known as “fight, flight, or freeze”. Our bodies (and brains) remember these traumatic events causing emotions to resurface again and again.

The good news is there are many little ways to retrain our brain, get control of our feelings, and think clearly.

Try these whiteboard activities often to help build better brain connections. Just a few minutes a day builds great brain power!





WHITE BOARD SUGGESTIONS

- Take a quiet moment -free from distractions of technology. Think about a time you had strong feelings or reactions to someone or something. Draw or write the event and show how you felt on the whiteboard.
- Now think of some ways you control your emotions and get to calm.
- Wipe away your first drawing.
- Write or draw a new picture showing a positive solution and how you would feel about it. Be creative and think of all possible solutions or ways to handle the event and control your emotions.
- LAST --- draw or write a reminder of how to stay calm when your feelings are near boiling. (PLACE THE BOARD WHERE YOU CAN SEE IT)



Do this activity after school to help your brain work out anything that happened at school, or at bedtime to help prep for sleep. This can also help clear the brain to better focus on homework!

ONE MINUTE BRAIN BREAK

- Draw a squiggle on the white board.
- Now with your opposite hand turn that squiggle into a picture or a design for one minute.

This quick activity can be used to break up intense learning sessions. Taking a brain break helps refresh our thinking and see situations through a different lens!

IMPORTANT TIP!

