

MATES Junior Activity Resource Guide

Goal: Positive Attitude & Identity

Activity Type: Individual
Relationship Stage: Mid-late

Activity Name:

"Understanding feelings"

Objective:

To reflect on and normalise feelings

Preparation Time:

5 minutes to make cards

Activity Duration:

30 minutes for creating and discussing

Required Material:

- Paper
- Pencil/marker

Instructions:

- Before the session, write a range of emotions on pieces of card. Make them a mix of positive and negative emotions, and have about 10-12 in total.
 - Suggested feelings: brave, defeated, envious, glad, overwhelmed, peaceful, shy, tired
- When you begin the activity, remind your mentee that feelings are normal! They are a necessary and important part of being a human being, and reflecting on these together can help your mentee feel like they aren't alone in some of these feelings. Even adults feel this way!
- With the cards face down, take turns pulling an emotion from the deck. For each feeling, say a) a description of what the feelings means, and b) a time when you felt this way
- If they are uncomfortable with an emotion, either give them a chance to put it at the bottom of the deck to try later, or give an example from your own life first.
- Take advantage of organic opportunities in the conversation to discuss how they dealt with a particular situation or feeling. Or, share stories of how you dealt with a difficult emotion in a similar situation. Part of this activity is about normalising the feelings, so they know others have felt that too (without belittling their emotions).

Further Notes:

- This activity may be difficult for mentees, so it is best suited to later stages in the relationship once they are comfortable talking about personal things with you