

Box of



Emotions

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Identify Problem: Our thoughts can change our emotions.

Exercise: Make a “feeling cube”.
Explain to the students that they will use the feelings cube to become more aware of the large amounts of mental and emotional activity that goes on within us at all times.

Discuss different controversial topics with the students. Each of the students should participate in the conversation. Invite them to express their emotions using their “feeling cube” when they are talking or when they are just listening.

Questions and Discussion:

- Did you rotate your cube often?
- Would thinking about something that is *not* happening *right now* change your mood? Discuss.
- How would not being in touch with our thoughts change or mood? Would this also affect our relationships and decisions?
- Can we create stress, anxiety, or nervousness, in our minds?

Identify Skills: Recognizing inner emotions.
Avoiding stress caused by ourselves.
Expressing emotions.

Source: Jon Butler

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