

SPIRITUALITY

Our Emotions

What are emotions? What emotions make you feel good? Which ones make you feel bad? Bring out the concept of positive and negative emotions. It is important to point out to the cubs that it is normal for them to feel different emotions.

Cubs can be asked to do an expression with their face of the emotions as listed in slide 2 of ppt. A cub chooses an emotion (but does not voice it) and shows the other cubs which one it is by doing a facial expression. The other cubs will then have to guess which emotion that facial expression is depicting. This can take the form of a game.

Then there are examples of situations that can lead to feeling different types of emotions – both positive and negative.

The following are examples of life situations and the emotions felt when we experience them:

- Receiving a gift – **happy**
- Treading on something unsightly in the street – **disgusted**
- Peers avoid you – **lonely**
- Talking about you behind your back – **hurt**
- Watching a horror movie – **frightened**
- Caught red handed nipping something – **shame**
- Passing an exam – **proud**
- Hungry and dinner is not ready yet – **impatient**
- Not sure whether you want to eat dinner or watch TV first – **confused**
- Exams are approaching and you feel you can't cope – **anxious**

The cubs can be given a list of emotions and they tell the leader a life situation (possibly one they went through themselves) which made them feel that particular emotion (films like Inside out may also help the cubs to understand this concept). Examples of emotions are the following:

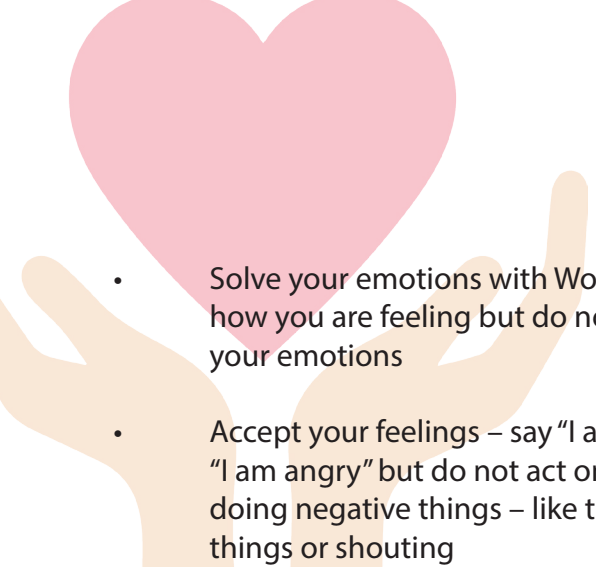
Disgust, happiness, fear, dismay, worried, hurt, shame, anger, confused, bored, impatient, surprise, proud, scared, etc

Another slide shows how we can react when we feel these emotions

- Cry when we are sad
- Shout / throw toys when we are angry
- Shaking your head when feeling worried

At this point, cubs can be shown how to deal with certain emotions. For example, one of the most common emotions is anger and cubs can be told to deal with it this way.....count to 10, then backwards; take deep relaxing breaths; talk about how you're feeling with an adult and most important ***make a special effort not to act on your anger.***





- Solve your emotions with Words – say how you are feeling but do not act on your emotions
- Accept your feelings – say “I am sad” or “I am angry” but do not act on them by doing negative things – like throwing things or shouting
- Describe what you are feeling
- Take a deep breath and think, as thinking helps you do something smart instead of harmful and making things worse
- Relax and try again
- Walk away for a while
- Ask for a hug
- Tell God about how you are feeling and how you can deal with this feeling.....

I am feeling bored.....how can I solve this problem?

I am feeling fidgety and anxious and would like to feel calm.....what should I do?

I am feeling afraid.....what can I do to feel secure?

I am feeling sad and would like to feel happy..... so what solutions can I find to my problem?

I am feeling nervous and would like to feel sure of myself.

Sharing feelings helps us from having bad consequences on ourselves and on others.

Suggestion:

o This activity is discussion based. It is important to point out to the cubs the different emotions – both positive and negative they can feel and how to deal with them. The leader can also opt to use a power point presentation to keep more the cubs’ attention – this is available in the Resources folder under the heading “Our Emotions – Gold Arrow”.



ACTIVITY FACT SHEET



Activity: What am I feeling?



Objective: Our Emotions



Time: 30 mins



Outline: Have each Cub pick a flash card without showing the others. The Cub has to try to convey that emotion to the others, for them to guess the emotion. When they guess, the Cubs can share a personal experience when they felt that emotion, and how they dealt with it.



Equipment: Flash cards with different emotions



Place: Headquarters or outdoors



Group Size: Arrow Group









3rd Parties: N/A



ACTIVITY FACT SHEET



During the Activity:

-  – Since this session takes the form of a discussion, the cubs interact between them to give their point of views and how they deal with what they feel.
-  – When the cub is shown how to deal with certain emotions such as breathing exercises, he/she learns how to physically control the emotions. For this activity some cubs and leaders find it more effective if the group forms a circle.
-  – By learning more about emotions, the cubs are widening their knowledge about this subject. Furthermore, they are also able to understand that it is ok not to feel happy all the time. By this understanding the cubs are more informed and can find words for their different emotions.
-  – The way they express their emotions and how they deal with them concerns the creative aspect.
-  – This session deals directly with individual emotions so this aspect is fully taken care of!
-  – The way you handle your emotions makes up the spiritual aspect. Your sense of values and beliefs makes a difference how you handle your emotions.

GOLD ARROW

After the Activity:

This session helps the cubs accept the fact that emotions, both good and bad, are a natural feeling and secondly and more important learn how to deal with those emotions that normally give us a hard time.

