



## Feelings Exercise



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Complete the following questions.

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1. One feeling I have difficulty handling is:
  
  
  
  
  
  
  
  
  
  
2. When I have this feeling, I usually:
  
  
  
  
  
  
  
  
  
  
3. When I have this feeling, others around me usually:
  
  
  
  
  
  
  
  
  
  
4. One way I would like to express this feeling is:
  
  
  
  
  
  
  
  
  
  
5. What prevents me from expressing this feeling in the way I would like to is:



## **Hiding Feelings**

**For this activity it is important to have ample space. You may have to temporarily move tables and chairs to make room. If there is no way to have parents participate due to a lack of space, model the activity in front of the class so everyone can see.**

- Have parents take one piece of paper and tear it into thirds. Have parents write one feeling on each piece of paper. The feeling can be any feeling they want.
- Instruct each parent to fold each piece of paper into a small square.
- Have parents stand up and walk around the room, taking their pieces of paper with them. As parents are walking around, have them notice their freedom of movement.
- Have each parent drop one of their pieces of paper on the floor and cover it with their shoe. Mention that when we choose to hide our feelings, we are essentially covering them up.
- Have them continue walking, dragging their paper with them under their shoe. Mention that freedom is restricted when we choose to cover how we feel or stuff our feelings inside.
- Next, have them drop the second piece of paper on the floor and cover it with their other shoe. Have them walk shuffling both feet as they are covering the pieces of paper.
- Instruct the parents to drop the third piece of the paper on the ground. Keeping both feet on the ground, have them cover the third slip with their hand, assuming a three-point position. Ask them to move. Listen to the moans and groans.
- Have the parents stop in their position and look around. What do they notice? Instruct parents to pick up their pieces of paper and return to their chair. Note that when we accept what has happened to us, we can move again and get on with life.
- Ask parents to share the feelings they wrote on their paper that they were not allowed to express. Have them notice the range of feelings.
- Mention that each piece of paper represents an emotion that people do not want to deal with or accept. The more we try to cover up our feelings, the less freedom we have. Instead of 3 slips, what if they had 15 slips? The more experiences (pieces of paper) that a person tries to cover up, the more energy it takes and the less movement a person can make. The feeling of depression is when there are so many experiences that the person uses most of their energy to cover up their feelings of discomfort.