



# Child and Youth Services



## Welcome to our Monthly Newsletter

In last month's newsletter we talked All About Anger. This month we continue talking about different feelings and helping children and youth to identify and express these feelings in a healthy manner. Learning to share these feelings with others may be difficult at times, but it often helps us to feel better. As parents, teachers and caregivers, we can encourage our children to open up more and talk about how they feel.

**Yours and your family's Mental Health Matters!**

Child and Youth Services  
Estevan Mental Health  
Box 5000-202  
1174 Nicholson Road  
Estevan, SK  
S4A 2V6  
306-637-3610

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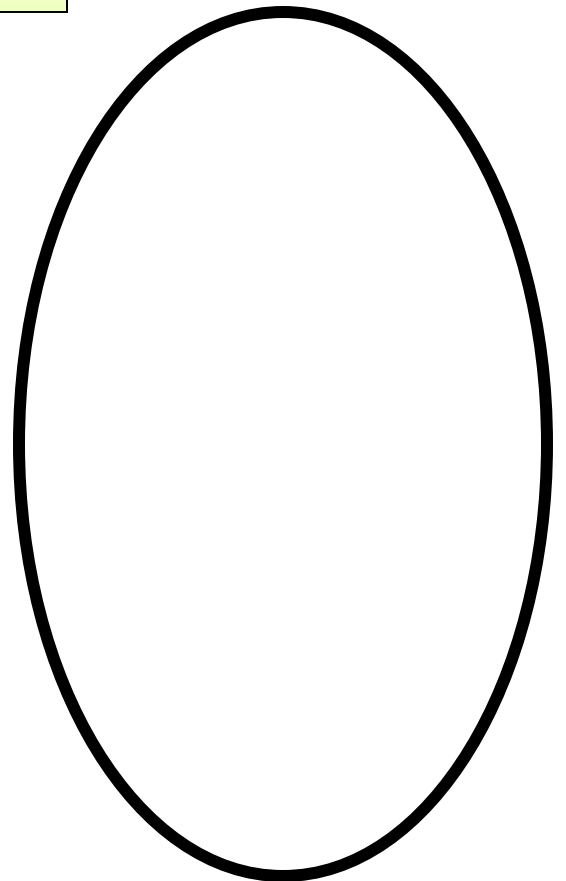
June 2008

### TIP OF THE MONTH

Use this facial drawing to help you and your child draw how you feel each day. You can take turns talking to each other about how you feel and why you feel this way. For children who have difficulty talking about how they feel, drawing can be an easier way to encourage them to talk. It also helps children to become more aware of facial expressions that show how we feel.

Follow the link below to find an interactive game children and parents can play together to help identify feelings.

<http://www.scholastic.com/earlylearner/parentandchild/feelings/feelinggame.htm>



**Today I feel \_\_\_\_\_.**

## All About Feelings...

Are you feeling happy, sad, lonely, confused....who knows? What makes you feel angry? Sad? Happy? Sometimes we may be feeling two different feelings at the same time and we wonder, "Is this okay"? This feeling stuff can get kind of confusing if you are a kid or even an adult. Remember *All Feelings are Okay* and its okay to have more than one feeling at a time.

### **Myth: Feelings are BAD!**

Feelings or emotions are not bad... all feelings are okay. Some are not pleasant to have, but we cannot deny how we feel or hurt others when we feel this way. We have to learn to recognize and accept our feelings and move on from there. Talking, drawing, or writing about our feelings can help us learn more about ourselves and how to take care of ourselves when we have these feelings.

We don't just grow up knowing how or what we feel. We have to remember to teach children about different feelings and safe ways to express them.

## WHAT CAN ADULTS DO TO HELP?

How can we teach children how to talk about their feelings? First it starts with talking about different feelings and helping children understand when children or adults may have these feelings. Reassure your child their feelings are normal, but also remind them of healthy ways to deal with their feelings. Just because we are feeling sad, doesn't mean we go around hurting others. Provide a safe place for your child to talk or draw about how he or she may be feeling. Listen to how your child may be feeling and ask him or her about it. It may be hard for some children to open up about how they feel. Reading a book on feelings may also help your child learn more about feelings and encourage them share their own.

Here's a great activity to do with your child(ren). Go through magazines or newspapers and point to different people in the pictures. Try to guess how that person might feel and why he or she might be having that feeling. This activity will help children learn to not only "listen" for feelings, but to also look at different facial expressions. See if you can find different ways people show they feel angry, sad, excited, or happy.

## Feeling Words

Sad Loved surprised Proud Mad  
Shy Frustrated  
Lonely Angry scared Happy  
Worried



## Question of the Month

**How can I start to talk to my child about feelings without overwhelming him?**

Good question! You want to talk to your child about his feelings, but what do we start with? It is a good idea to start off with a few feelings (ex. happy, sad, and mad). Share ideas of what these feelings mean and situations when you or your child may have experienced these feelings. When you notice your child having one of these feelings, point it out to him. *Ex. It's looks like you might be feeling sad that you can't play outside today.* As your child begins to understand and grow, you can add more feelings. For

## Book Review



The Way I Feel  
By  
Janin Cain

This colorful book does a wonderful job of describing feelings such as scared, silly, happy or sad. Children learn different times when they might feel sad or silly and the author tells her readers it is normal to have these feelings. There is a section at the end of the book for parents to help them talk to their children.

## High "5"



High "5" is all about praising your child when he or she acts appropriately. Recognizing when children do well helps to build their confidence and self-esteem. When you notice your child talking about his or her feelings, give him or her **PRAISE!** Helping children identify how they feel assists them to learn ways to manage these feelings. It also makes them feel good about themselves when they learn to work through these feelings in a healthy way!

## Play Time!



### Tic-Tac-Toe

Happy	Sad	Angry
Excited	Scared	Thankful
Tired	Silly	Worried

Play a game of Tic-Tac-Toe with all the regular rules, but just add feelings. Add a feeling word into the spaces and when a player chooses one of the spaces, he or she needs to share a time when he or she had that feeling. Ex. **I feel excited about summer!** The game continues until a player makes three in a row. You can change or move around the feeling words for each new game

### Arcola Mental Health

Arcola Health Centre  
P.O. Box 419  
Arcola SK S0C 0G0  
Ph: (306)455-2159

### Kipling Mental Health

Kipling Memorial Health Centre  
Box 420  
Kipling SK S0G 2S0  
Ph: (306)736-2638

### Weyburn Mental Health

Community Health Services  
Building  
P.O. Box 2003  
Weyburn SK S4H 2Z9  
Ph: (306)842-8665 or  
Toll Free 1-800-216-7689

### Child and Youth Services Offers:

- Counseling Services for parents, children and youth under 18 years of age. This may include assessment or treatment for a wide range of behavioral, emotional or developmental difficulties.
- Individual, family or group counseling
- Psychological Assessments
- Community Education & Consultation Services

### Accessing Services

Parents, adolescents or helping professionals may request services by calling:

**Child and Youth Services  
Intake Worker**  
1-800-216-7689 Or  
306-842-8665

There is no fee for services.

## This Month's Activity Feelings Word Scramble

### Unscramble the words below:

- |                   |                        |
|-------------------|------------------------|
| 1. etxiced _____  | 2. pypha _____         |
| 3. syh _____      | 4. uorpd _____         |
| 5. sda _____      | 6. euoaljs _____       |
| 7. isrdrsep _____ | 8. mesahda _____       |
| 9. oyenll _____   | 10. acresd _____       |
| 11. ygna _____    | 12. ftlauhkn _____     |
| 13. someuv _____  | 14. dpetoapsdnii _____ |



## Do You Have a Question or An Idea About a Topic?

Feel free to share your ideas and question with us!  
We are always striving to provide information,  
resources and activities to help you and your family.

## What to Watch for Next Month!

Stress(free) Summer! The summer months can be stressful at times and next month we talk more about STRESS and how to manage it.