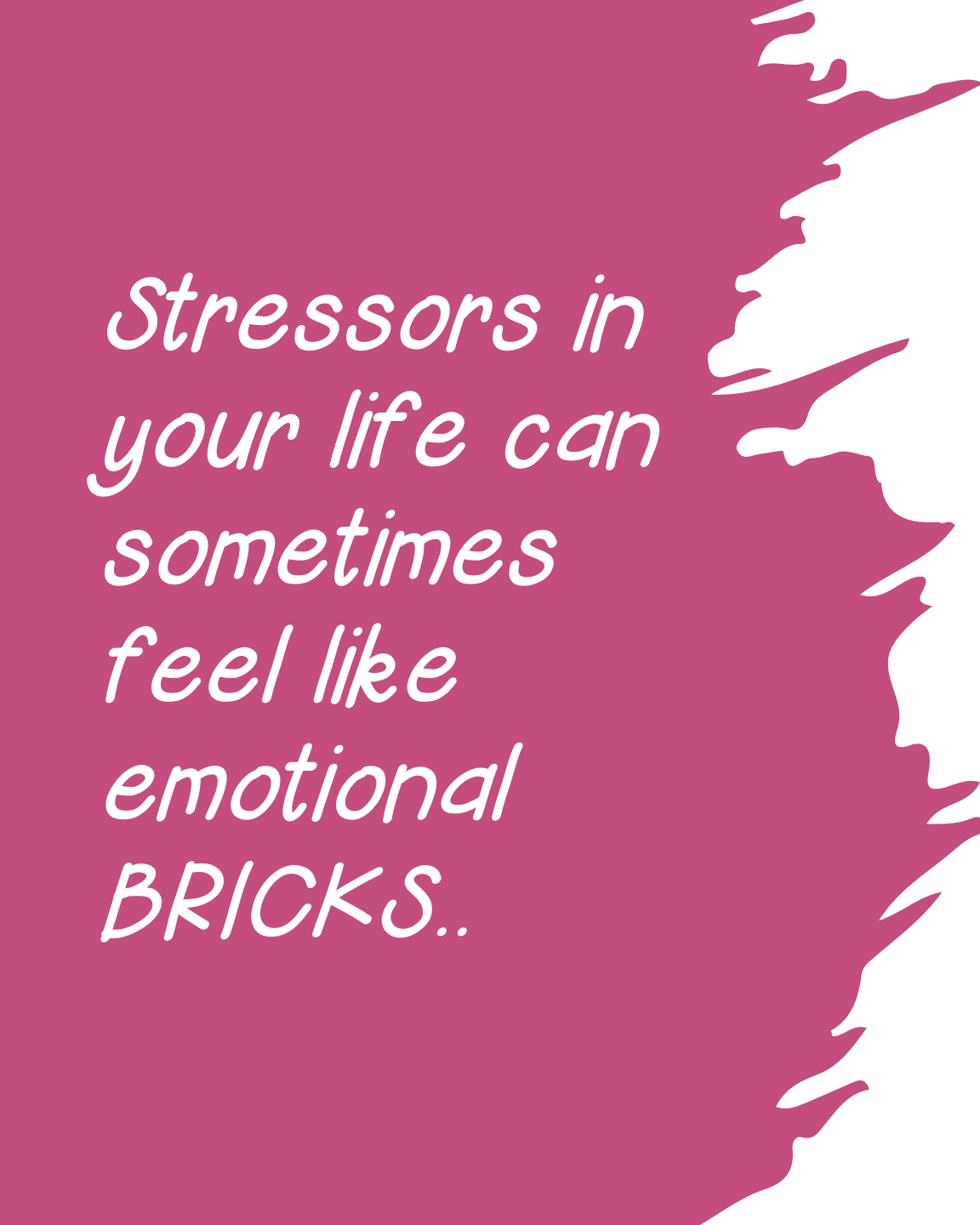




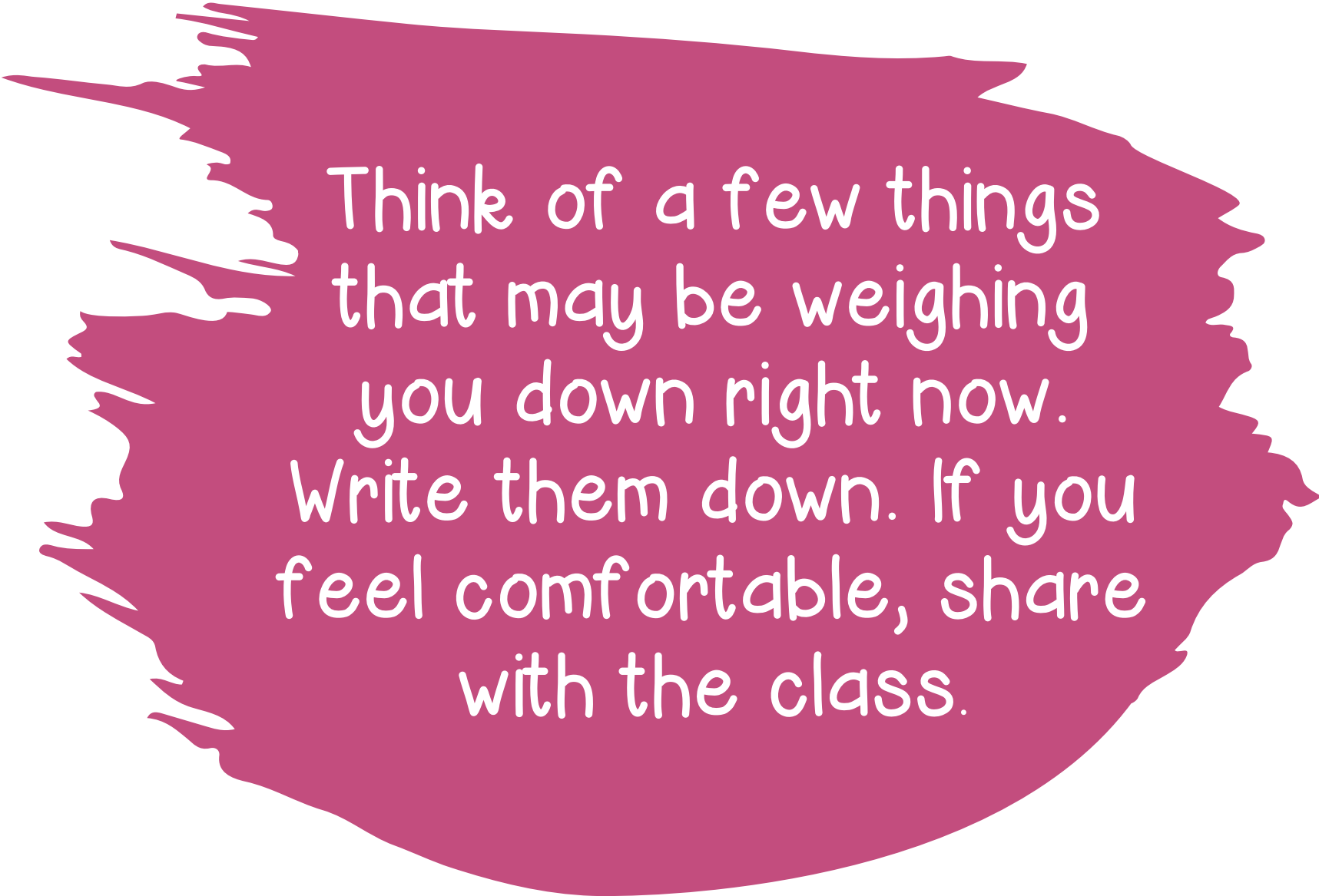
Emotional Backpack

SEPTEMBER 14, 2020



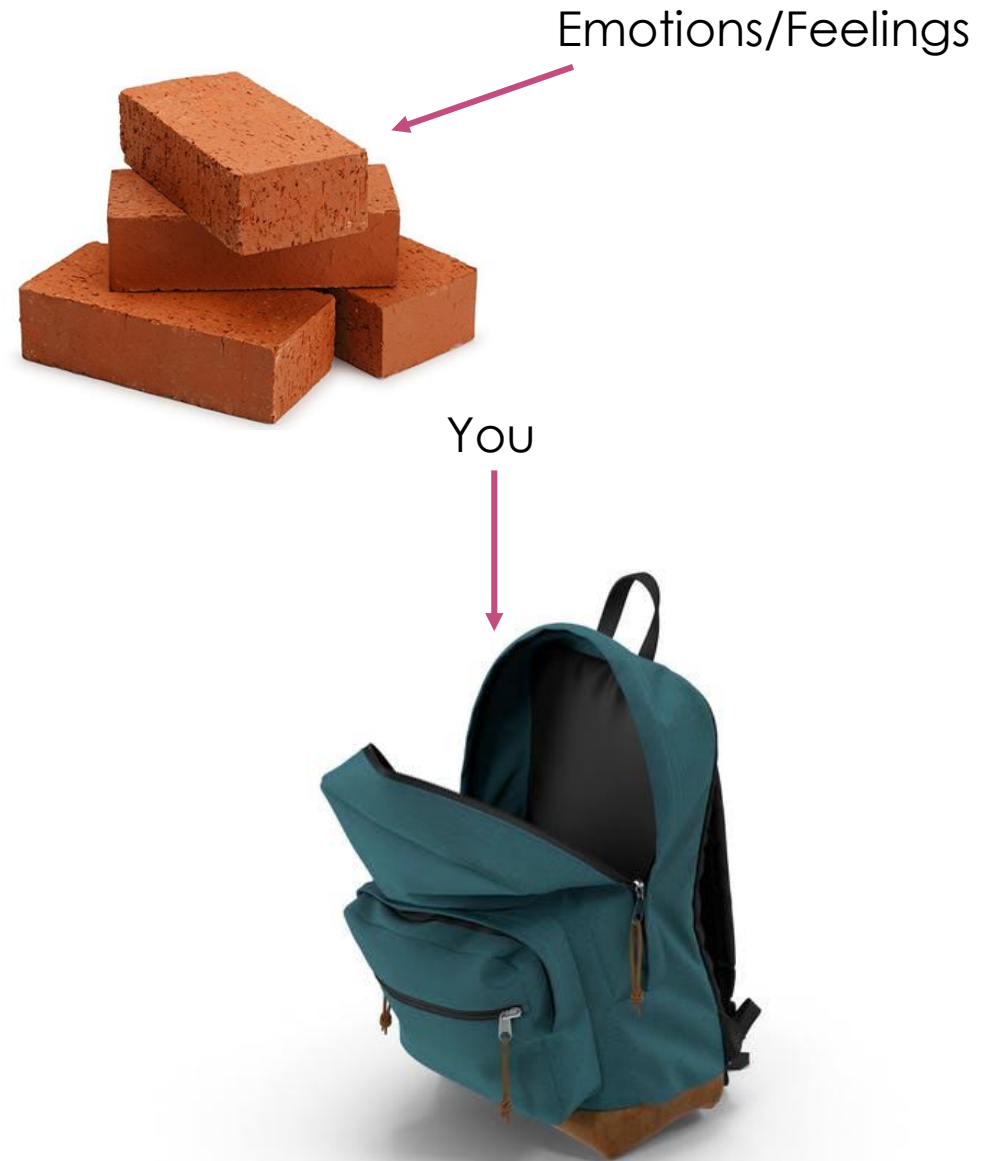
*Stressors in
your life can
sometimes
feel like
emotional
BRICKS..*

- Bricks are heavy
- Emotions/feelings can be heavy



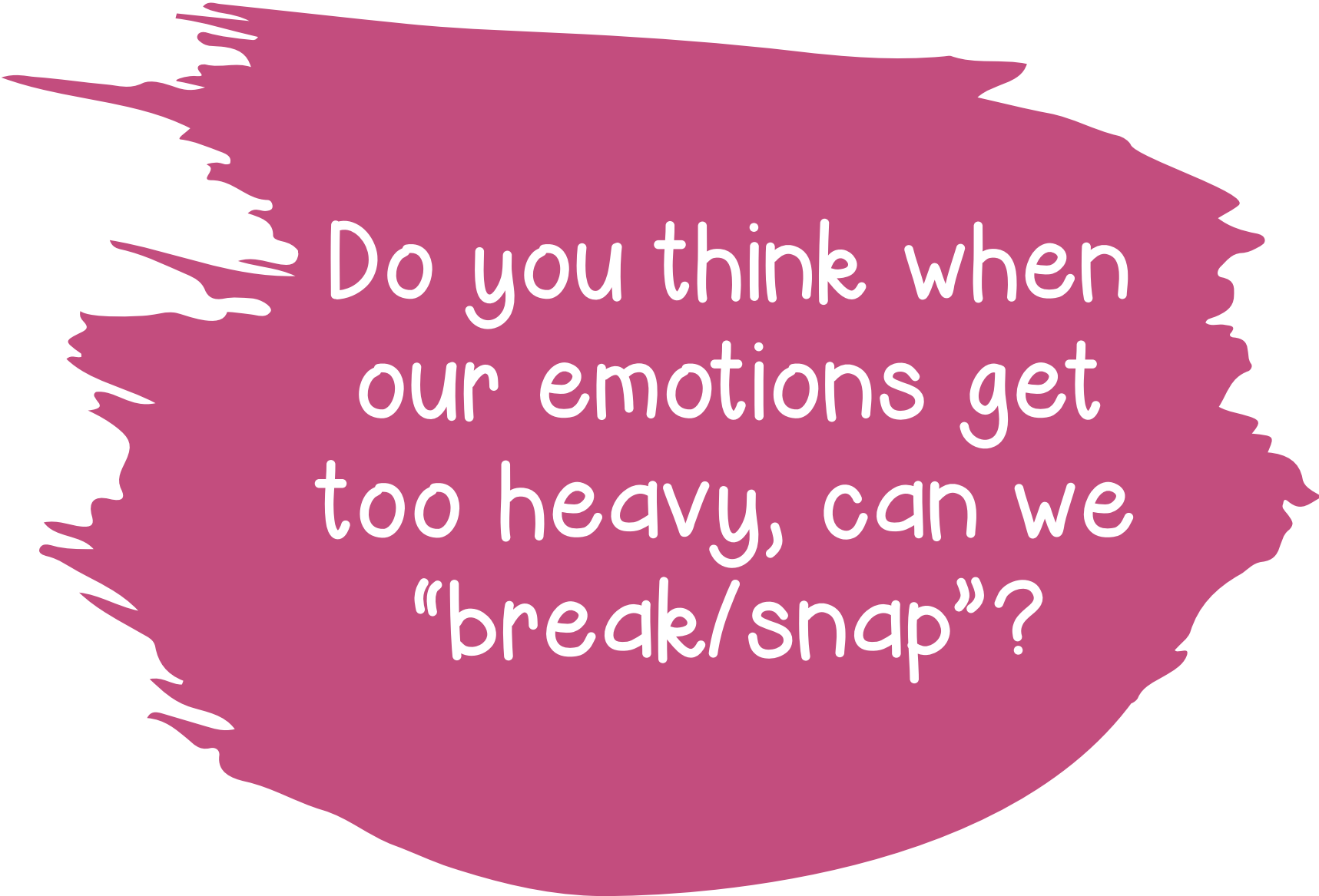
Think of a few things
that may be weighing
you down right now.
Write them down. If you
feel comfortable, share
with the class.

Imagine: Each thing you listed/shared (that may be weighing you down) = a blocked brick (emotional brick) & YOU represent the backpack



*When a
backpack gets
too heavy, what
happens?*



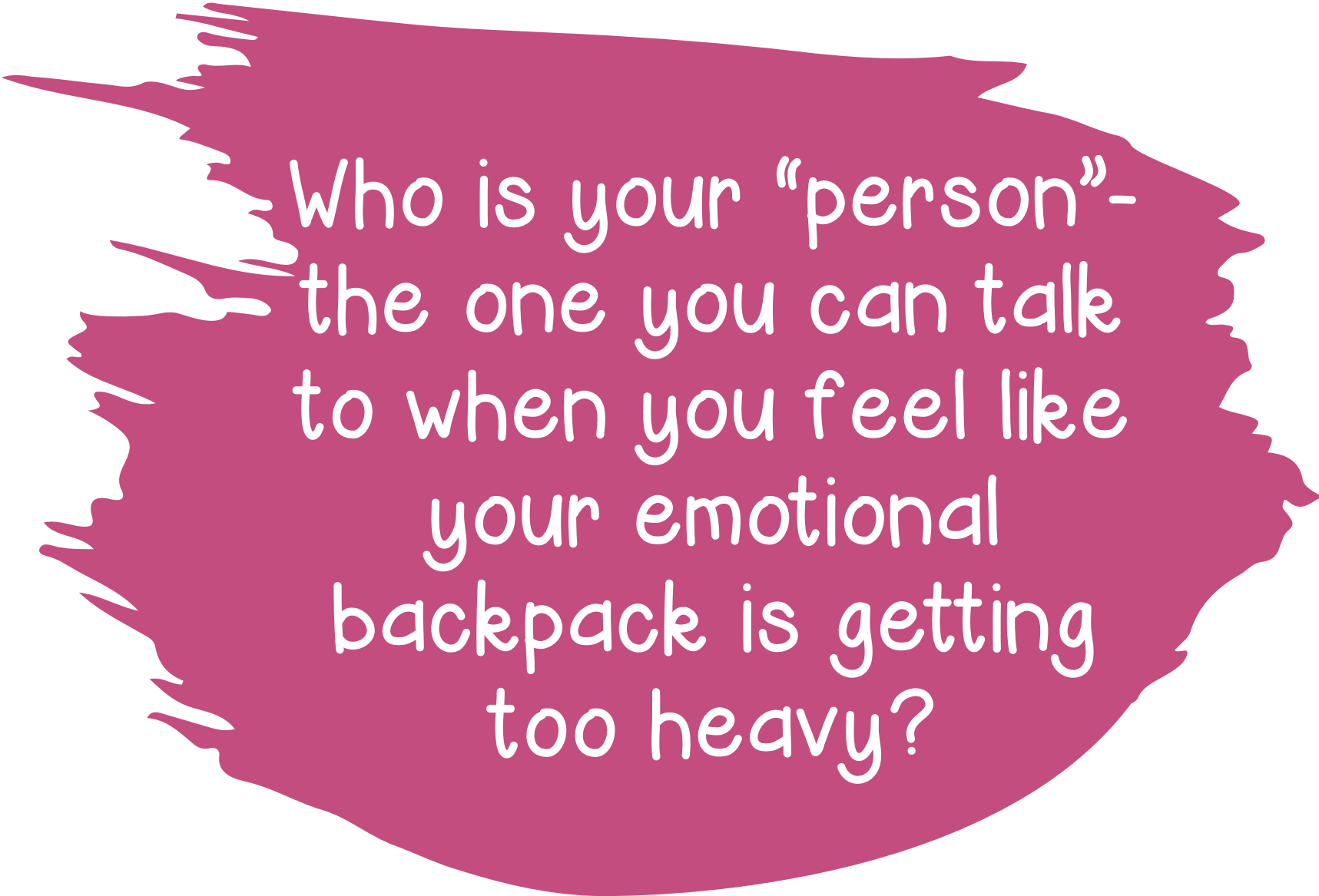


Do you think when
our emotions get
too heavy, can we
“break/snap”?

What are some ways we can help prevent our “emotional breakdowns”?

- Journal
- Listening to Music
- Deep breathing to calm yourself down
- Talk it out with a trusted friend or adult
 - “I feel” or “That made me feel” statements (good ways to start off a conversation when you are sharing with someone how their comment or actions made you feel)

If you need some more suggestions, check out the “Managing Worry” section on Mrs. Wright’s website. <https://vmmsschoolcounseling.weebly.com/>

A maroon brushstroke graphic with a rough, torn edge, containing white text. The text is centered and reads: "Who is your 'person'- the one you can talk to when you feel like your emotional backpack is getting too heavy?"

Who is your "person"-
the one you can talk
to when you feel like
your emotional
backpack is getting
too heavy?

If you do not have someone, please remember your school counselor, Mrs. Wright is here for you.