



Big Idea: Aware of My Feelings-EQ (Day 1) | Source: [Hatch Brighter App](#) | Supplies: Paper + Crayons | Time: 10 min

CONVERSATION WITH GROWN-UP & KIDS:

Can you think of another word for 'emotions'?

Emotions are Feelings.

Name some feelings: (speak them out loud to each other)

Some of these feelings get to live in a safe home inside of our hearts and some of them are kind of like old friends who knock on our heart's door.

Guess who is in charge of all of your feelings?

That's right! You! You are the boss of all your feelings!

Grown-Up Tip: EQ is the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically. Intelligence is defined as general cognitive problem-solving skills. A mental ability involved in reasoning, perceiving relationships and analogies, calculating, learning quickly... etc.

ACTIVITY!

1. Draw a picture of your heart.
2. Draw a special home inside your heart.
3. Choose which feelings you would like to live inside your heart forever and draw or write them inside your heart.

Grown-Up Tip: There is no right or wrong answer here. This is the awareness stage. The purpose here is to gain awareness of where our child is without any judgement or transformation. Observe and enjoy your child's imagination. You may want to grab your own paper and draw as well. This activity is based on the fact that all of our feelings are derived from one of two emotions - LOVE AND FEAR. Our truth is love. "The true self is never afraid." The feelings that are true to who we are - are all born from the family of love. These feelings are sacred and always get to live in our heart. The rest of the feelings are rooted from fear which live in our brain and are situational and circumstantial.

Promise to each other: I will only allow my most special feelings to live in my heart's home.

Affirmation to say together: "I am friends with all my feelings."

Download the Hatch App for more activities like this: [App Store](#) | [Google Play](#)