

## Evening Of Feelings Ritual: Teacher Instructions

After students have read chapters 1 - 2, put the poster on page 2 on your door, welcoming them to the The Evening Of Feelings Ritual.

Once students arrive, put them into groups. It is preferable that groups consist of two boys and two girls, but it isn't necessary.

Tell the students that this group is their new family. They can assign roles if they like (father, mother, sister, brother).

Explain that this is the evening ritual where each member of the family shares an emotion they felt that day, so your family members can help you through them.

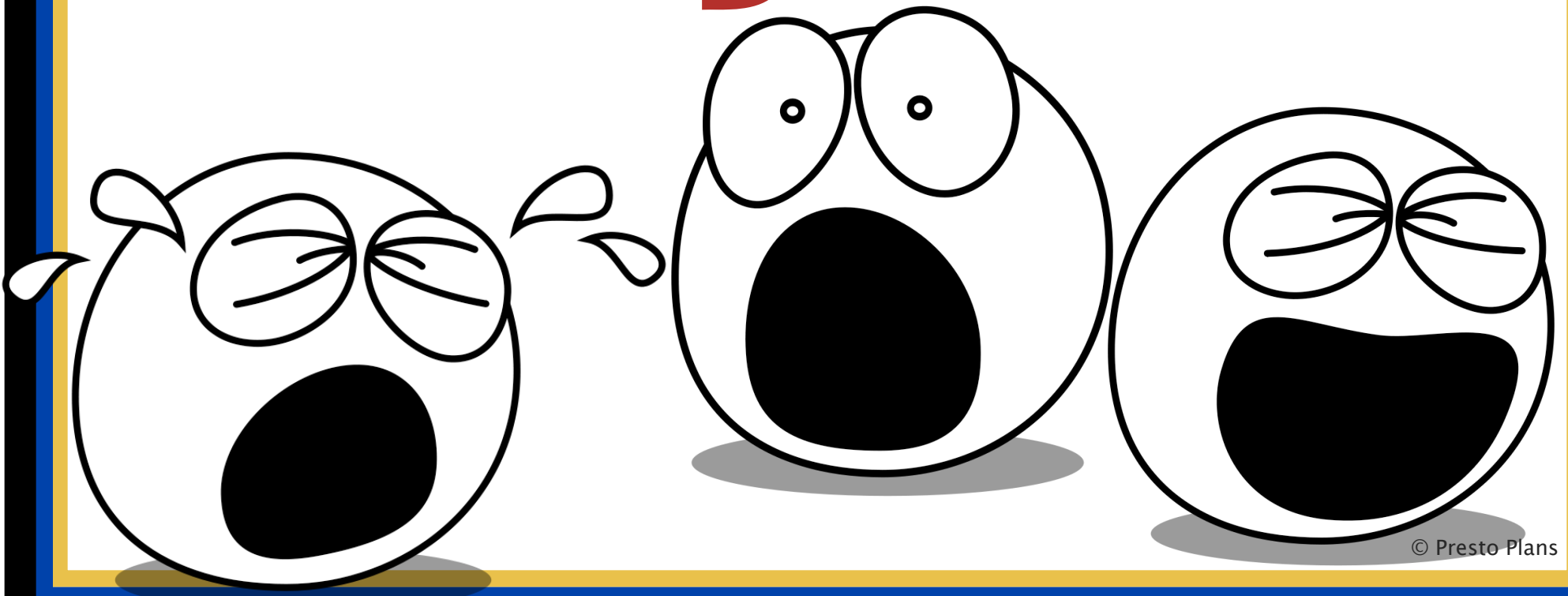
Give each student a "Feelings Card" for them to fill out to prepare them for the ritual. Have them share a real feeling they felt that day. Tell them to be precise with the word they choose to describe the feeling. You can model it for them if you like.

Once students have the card completed. Each member of the group shares their feeling, and the other members of the group attempt to help them feel better (if required). When one person is sharing their feelings, the other members of the family must listen carefully in a caring way.

After the ritual is complete, come back together and discuss the following:

- Could you see yourself doing this with your family? Why or why not?
- Do you think this would make a family closer? Why or why not?
- Why do you think the community requires that families participate in this ritual?

# Welcome To The Evening Of Feelings Ritual



## Feelings Card

What emotion did you feel today?

What event made you feel this emotion?



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