



SKY YOUTH AT HOME

VIBES EXPERIENCE PIECE

TO BE USED EVERY WEEK

OVERVIEW

This Small Group XP will allow your students to practice expressing their emotions and talking their feelings using the Feelings Wheel as a guide.

WHAT YOU'LL NEED

- Your students
 - A copy of the provided Feelings Wheel
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HOW-TO

This XP will take place at the start of every Small Group time during the “Vibes” series. The goal here is to help your students begin to develop an emotional vocabulary and use it to talk about their own vibes and feelings each week. It’s a chance for your Small Group Leaders to practically check in with them and show them how to check in with themselves emotionally using the Feelings Wheel as a guide.

To do this, provide each Small Group with a print out of the provided Feelings Wheel. They’ll pull it out at the beginning of their group time each week in this series. Then, they’ll ask students their students to answer the following questions using the Feelings Wheel to start the conversation:

Week One:] Which of these feelings did you feel a lot this week?

Week Two: Which of these feelings is hard for you to admit you feel?

Week Three: Which of these feelings do you have the hardest time dealing with in other people?

Week Four: Which of these feelings do you seem to never feel?

Remember that while some students may jump right in and be able to express their feelings, others may struggle or even stay silent. That’s okay! The goal is simply to normalize language around their feelings. Because culture has made talking about your feelings a more feminine quality, your male SGLs may have to work a little harder to get the conversation going. But whether it’s a male or female group, the point is to help them not only put words to what they’re feeling but recognize that talking about it is a healthy thing to do.

NEXT STEP

Have your Small Group Leaders send a screenshot of the Feelings Wheel to students in their group periodically. They can post it on SnapChat, send it in a text, put it in an Instagram DM, or use it as a Zoom background for a virtual meetup. When they send it, have them simply include the question, “How are you feeling?” so students can use the Feelings Wheel to respond.

FEELINGS WHEEL

