

MIGHTIER SKILL PACK

Emotions are complicated, for adults and for kids, and there's always more going on than meets the eye. Help your child explore mixed and complicated emotions with these fun family activities.



You can find more tips and resources on helping kids build emotional awareness with this QR code.



Oceans of Emotions

Mixed Feelings





Emotions are as powerful as the ocean. Sometimes they swell up and come crashing in, while other times they're as calm and peaceful as a perfect beach day. Our emotions impact the way we think and the choices we make- to swim, or not to swim? They are important communicators, always telling us something about ourselves and the world around us.

Emotions are also complicated. What you see on the surface isn't always the same deep down. Sometimes anger is really a mix of disappointment and embarrassment. Courage can be a mix of bravery and fear. When it comes to our emotions, there's always more going on than meets the eye.

So grab your fins, strap on your snorkel, and dive deep into your Ocean of Emotions!



Unlock the Oceans Outfit!

1. Complete Skill Pack  challenges.
2. Open the  Mightier Kid app.
3. Tap your  profile badge on the top left of screen.
4. Tap  and enter the code: **DIVER**



Miriam (Miriamonite)



UNCOMMON

Strengths:

Trustworthy, loyal, kind

Struggles:

Anxiety, second-guessing, big crowds

"Wants to just hide in her shell"



Miriam likes to hang out on her favorite rock. She has a good view from there. Sometimes other lavalings pass by and say hello. Miriam smiles shyly back, and wonders where they're off to.

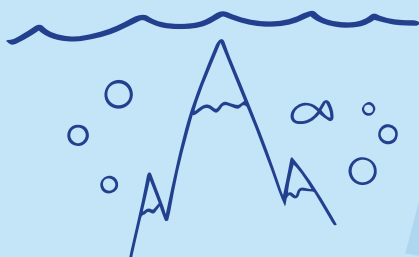
One day Miriam got invited to a party. Everybody would be wearing their best shell, and they wanted Miriam to join! When she got the invitation, Miriam's mixed emotions came flooding in. She was excited! **Wow, they want me to join them, and it sounds like fun!** But she was also nervous... **Which shell should I wear? What if I say something embarrassing!?**

The pressure of all those thoughts and emotions was overwhelming. Miriam curled back into her shell to think. Yes, she was feeling both excited and nervous because she wants to make friends. This is important for her to try. And with that little reframe, Miriam confidently came out of her shell and slid her way over to the party.

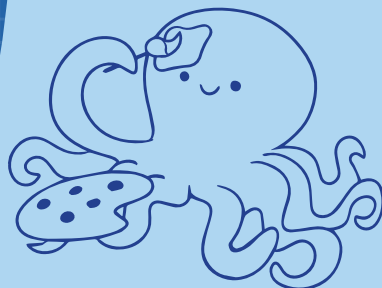


Fun Facts

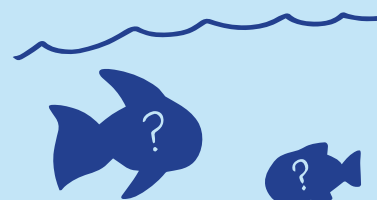
The tallest mountain is actually underwater.



Octopuses can change colors to communicate!



9 out of 10 ocean species have not yet been classified.

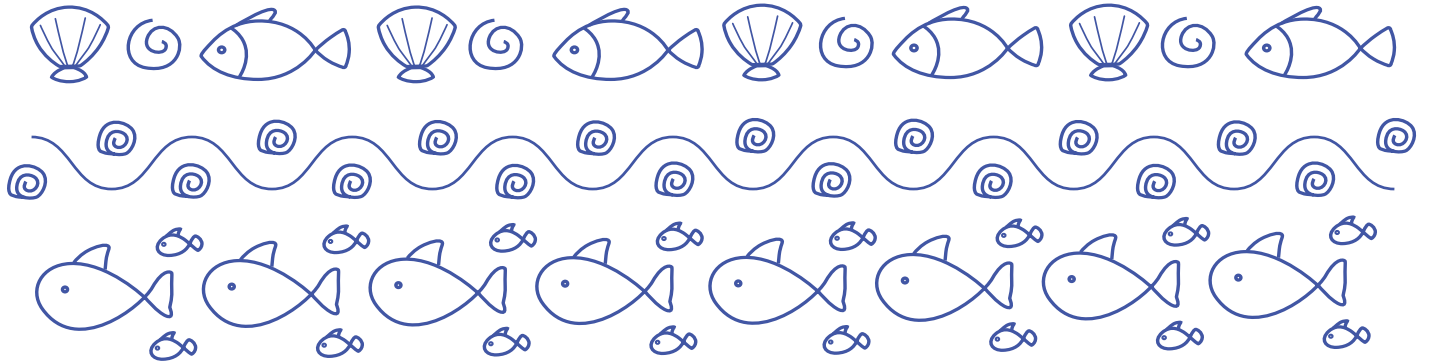


Complete  challenges to earn your Oceans Badge!



Brainwaves

Doodling is a coping skill that can help us think about 'deep sea' feelings. Try doodling these patterns or make up your own!



Hangry Narlugas!

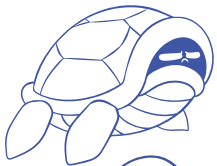
Can you figure out where these mixed emotions come from?



Hangry = Hungry + Angry



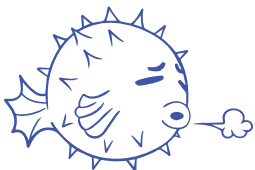
Nervopeful = _____ + _____



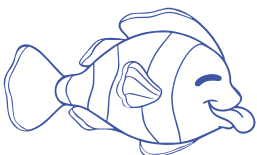
Jealonely = _____ + _____



Scarecited = _____ + _____



Strefused = _____ + _____



Silappy = _____ + _____



Fishing For Feelings!

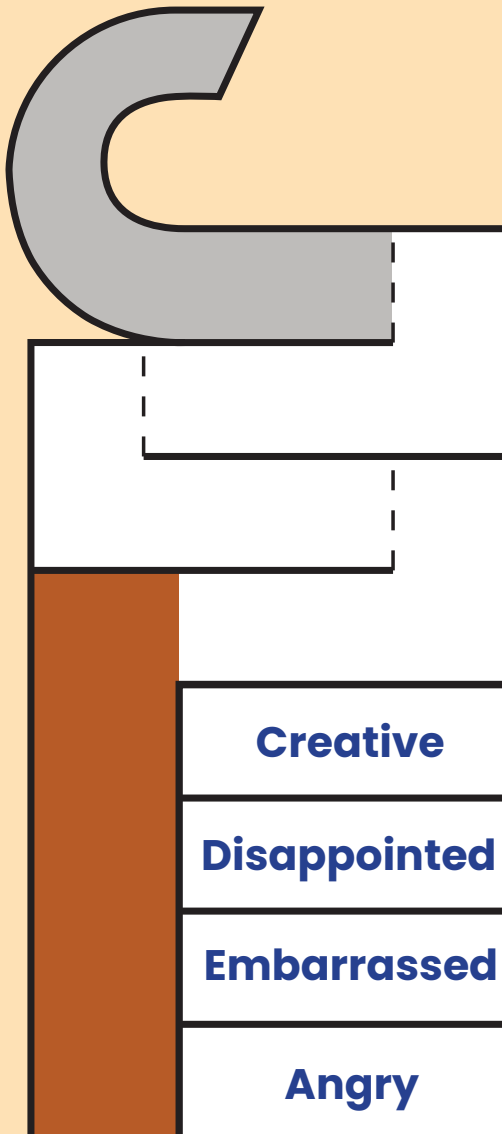
Let's go fishing for feelings! Cut out and fold your fishing hook and all of the feelings fish. Find people to play with and follow the directions on the back.

Can you think of times you felt mixed emotions to increase your catch? Play again to explore more emotional combinations!



Cut on the solid lines

Fold on the dotted lines



Anxious									
Afraid									
Tired									
Relieved									
Confused									
Curious									
Hopeful									
Excited									
Happy									
Creative				Surprised					
Disappointed				Proud					
Embarrassed				Lonely					
Angry				Sad					

Fishing for Feelings

Setup

Place the folded feelings fish upright in a 'pond'.

Directions

1. Take turns. On your turn, try to hook **two** fish from the pond.
2. Turn over the fish you hooked and read out their emotions.
3. To keep just **one** of the fish, share a time you felt its emotion, place the other fish back in the pond. To keep **both** fish, share a time when you felt both emotions at once.
4. Take turns catching fish until they're all gone. The player with the most fish is the winner.