

WE FEEL WITHOUT WORDS!

We feel our feelings—which is why they are called feelings!

Consider the feelings scale below and think about different ways you feel based on different situations. Draw a line from each of the statements below to a point on the feelings scale to show how your feelings change based on the situation.

How do you feel when:

Your alarm wakes you up?

A pop quiz is announced in one of your classes?

You see a friend at school?

When you're walking between classes?

You see someone not being nice to another person?

Your teacher gives you a compliment?

You forgot to do your homework?

You have to find a team of students to work with on a project?

You need to be somewhere after school and you're running late?

You have a chore you need to do?

You feel prepared for today's test?



WE FEEL MORE THAN "LOVE" OR "HATE"

Most of us experience a range of feelings, along with related thoughts about our likes and dislikes. While we may say "I love that restaurant" or "I hate all homework," we may not really mean this. When shown the Like-Dislike Scale, we may be able to think about how we like and dislike things at different levels.



Think about different thoughts and feelings that you experience across time and consider where you might put each of these on your own Like-Dislike Scale. Draw a line from the items on the left to where they fall on the scale for you. Feel free to add your own thoughts and experiences to the list in the spaces at the end.

- If I get my schoolwork done, then I can go meet up with my friend.
- I hear people talking about a meet-up that I'm not invited to.
- I don't understand my homework assignment.
- People are talking and I'm trying to concentrate.
- I have a lot of homework to do tonight.
- After school, I have so many things to do but not enough time for my homework.
- I finally finished my project.
- I stayed up really late playing video games (or on social media) and didn't get to sleep until 4 AM.



WE FEEL MORE THAN "LOVE" OR "HATE" (CONTINUED)

- I got a decent grade on my assignment.
- I love my dog but I have to walk her.
- I have to go shopping for new clothes.
- I'm going to my sibling's birthday party.
- I have to ask my teacher for help.
- I ran out of clean clothes.
- My project is done.
- My alarm didn't go off.
- I got a cool new haircut.
- My favorite artist released a new song.
- We get to go to my favorite restaurant.

List other ideas here:

- _____
- _____
- _____



A SUMMARY OF THE FOUR STEPS FOR GETTING THINGS DONE

When you need to get a project done, it requires you to think about a lot of different things to help you succeed. Fun Tip: This process is also referred to as "executive functioning" because this is what executives need to do to function.

1. **Think** about a goal you need or want to accomplish in the future.
 - a. This should be something you think about accomplishing because you need or want to do it.
 - b. This process requires you to imagine your future as being different from this moment.
2. Create a **plan**: figure out what To-Do's you need to do, in which order, and when you need to do them.
 - a. List your To-Do's in the order you plan to do them over time.
 - b. Indicate when you plan to work on getting your To-Do's done.
3. **Do** your To-Do's: manage your time, feelings, and actions to get things done.
 - a. What do you need to do to get ready to work on your To-Do's?
 - b. To carry out your plan, think about:
 - When will you get started?
 - How will you encourage yourself to keep going?
 - If you need help, who would you ask? When will you do that?
 - How will you know you are succeeding?
4. **Think flexibly**: your goals and To-Do's may need to shift or change over time.
 - a. Are you carrying out your To-Do's as you planned? If not, what needs to change?
 - Are there To-Do's that need to be changed or added? If so, adjust your plan now.
 - Getting tired of working on this? Imagine yourself succeeding in the future. Keep working now so that your future includes your accomplishing this goal.
 - How will you know you're finished?