



LEHIGH
UNIVERSITY

College of
Education

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Lesson 5: Feelings

Students will **learn** about the *name it to tame it* strategy, **practice** the mindfulness technique of body scanning, and **apply** their learning to explore their own emotions.

LeVar Burton is the legendary voice behind *Reading Rainbow*. In this video, which is specific to COVID-19, he talks about the *name it to tame it* strategy for managing difficult emotions.

<https://www.youtube.com/watch?v=c1HbdEu8g-0>

Sensations in your body (like sweaty palms, butterflies in your stomach, a lump in your throat) can tip you off to feelings you might be experiencing. Body scanning is a type of mindfulness meditation where you practice noticing what is happening in your body, so you can check in with how you might be feeling.

<https://www.mindful.org/a-3-minute-body-scan-meditation-to-cultivate-mindfulness/>

Reflection:

What did you feel watching the *name it to tame it* video?

How did you feel (in your mind and in your body) before and during practicing body scanning? What about after?

Every body is different! What are some cues that you feel in *your* body that let you know that you are feeling something?

Stretch Activity 1: Are you someone who has difficulty describing your emotions? If so, take a look at this feelings wheel, which includes dozens of emotions. Which ones do you experience most? Which ones are hardest for you to imagine feeling? You could brainstorm a list of emotions that are difficult for you, or practice acting out different emotions and naming them with a friend or family member! <http://feelingswheel.com>

Optional Daily Practice:

This week, practice using the *name it to tame it* strategy. When you find yourself feeling a strong emotion, practice using these steps.

1. First, take a breath.
2. Then, identify how you are feeling (for example, "I am feeling sad").
3. Share your feeling statement with someone you trust. Alternatively, say it out loud to yourself, or write it down on a piece of paper.
4. As an added stretch, practice doing this after doing a short body scan.

Additional resources:

This yoga class for teens is specifically about emotions and feelings (14 mins):

https://www.youtube.com/watch?v=FPyuKg4y-6w&list=PLtKF2-K_dbAGVRVg6Yd98zPbhHb8JPRE&index=3&t=0s

Here is another body scanning mindfulness exercise (3 mins):

<https://www.headspace.com/meditation/body-scan>

If you would like to, use the spaces below for any notes or reflections from your mindfulness practice this week

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	