



HIVEHOME

*Emotional*  
HEALTH HEXAGONS

*What* ARE YOU

*feeling?*



*let's talk:*

- Choose 1-3 predominate emotions.
- On a scale of 1 to 10 how strongly do you feel each emotion?
- Do you feel these emotions in your body? Where?
- Do you want to talk more about these emotions? (If in a group setting, give the child the option to discuss things privately.)

# Emotional VOCABULARY

ANGER	Mad	Impatient, Furious
	Critical	Resistant, Resentful, Hateful
	Skeptical	Pessimistic, Disgusted
	Grumpy	Irritated, Annoyed, Frustrated

GLAD	Calm	Peace, Fulfilled
	Content	Happy, Joyful, Grateful, Proud
	Secure	Loved, Confident
	Hopeful	Encouraged, Excited

AFRAID	Uneasy	Nervous, Worried, Anxious, Panicked
	Unsure	Confused, Conflicted, Trapped
	Hesitant	Guarded, Suspicious
	Overwhelmed	Threatened, Helpless, Terrified, Paralyzed

SHAME	Weak	Lacking Confidence, Powerless
	Embarrassed	Like a Fraud, Exposed, Humiliated
	Worthless	Unlovable, Ugly, Damaged
	Inadequate	Insecure, Insignificant, Stupid, Inferior

# Emotional VOCABULARY

GUILTY	Caught	Deceitful, Covetous/Greedy
	Selfish	Slothful, Envious, Jealous, Arrogant
	Convicted	Hard-hearted, Remorseful

SAD	Unhappy	Depressed, Hopeless
	Disappointed	Discouraged, Crushed
	Grieving	Despairing, Homesick

HURT	Sensitive	Offended, Judged
	Rejected	Defeated, Heartbroken
	Used	Bullied, Taken Advantage Of

LONELY	Isolated	Withdrawn, Disconnected, Distant
	Alone	Alienated, Forgotten, Bored

# Tips + GUIDELINES

## What to do:

- Place the large hex sheet in the middle of your group and/or pass it around to each one as they share.
- Ask the questions on the sheet to each participant.
- Allow 2-5 minutes per person.
- End with a positive affirmation for the group, a personal affirmation that each member decides for themselves pertaining to truth, a scripture, and/or a family activity such as a song, stretches, or dance party, whatever gives way to health and connectivity.

## Discussion Guidelines:

- When a family member is sharing please be quiet and do not interrupt.
- Depending on the age of your children, you may instruct your expectations of attention. (\*Use tools if needed!)
- Feedback may be simple and encouraging but without rebuke. Our feelings are real no matter our motives, reasoning, or circumstances.
- Allow siblings to encourage, but not critique, criticize, rebuke, or challenge another child's feelings as untrue. There will be times a child's perception may be untrue, but keep the discussion geared toward feelings and the safety to discuss such.
- Keep to your appropriate time structure, but it is equally important to not rush a child. (If they need more time, make time for a private conversation.)

# Things to Remember

## SHARING OR FEELING EMOTIONS DOES NOT ALWAYS MEAN SHOWING EMOTIONS.

While sharing, one does not have to show emotions felt. For example, someone may express fear or sadness without shuttering or crying. However, they may. It is important that both be allowed and acknowledged appropriately.

Sitting still and being quiet is not easy for some depending on their age, capabilities, development, or personality, and that's okay. It's human. Set out sensory tools such as stress balls & foot massage balls, coloring books and simple craft supplies, and/or blankets and tea. All ages can benefit and even think better with such tools.

## CREATE A TACTILE AND/OR COMFORTABLE ENVIRONMENT.

## FACILITATE TIME.

There will be over sharers and under sharers. As a safe facilitator/parent, your job is to navigate them both. Limit the over sharing with appropriate guidelines and encourage, but do not force, the less vocal with good questions.

# Things to Remember

## RESPECT, TRUST, & GUIDE

Teach + guide, but do not come to conclusions for children or tell them how they feel. Respectfully listen and respect their sincere responses. Guiding with thoughtful questions encourages a child to evaluate emotions and make their own connections. For example, "Jane, I am sorry you are afraid of monsters under your bed. That can be scary. Do you believe monsters are real like me and you, or exist in books and fairy tales?"

If one complicates the process, it will be less consistent. While using tools and having comforts are helpful, they are not a necessity. Some days you will have longer conversations, while other days you will have seemingly shallow interaction with a simple process and then move on. Displaying consistency, pattern, and the ability to discuss emotions with or without expression as a family will benefit your days!

## KEEP IT SIMPLE.

## FOLLOW UP.

Don't force an outcome or create a solution for children's feelings or conversations. Follow up with activities, pretend-play, books, and topical resources. These are more useful and memorable than lectures and long conversations. Children learn best by play. Albert Einstein says it well, "Play is the highest form of research." We agree!