

My Feelings

This chapter
will help you

- see that there are many types of feelings
- learn how to listen to and name your feelings
- see that Jesus can help you understand your feelings

So Many Feelings!

The bright red kickball bounced in front of Joey. For a moment, Joey didn't touch it. When he gave it a little kick, the ball moved only a little.

"Gee Joey!" yelled Carl angrily. "Is that your best shot?" Carl was the best kickball player at the school.

At the kickball circle, Tony waved his arms for time-out. He ran over to Carl. "Joey's sad," Tony said. "His puppy was killed by a truck yesterday."

"I didn't know," Carl said. Just then the red ball rolled in front of him. Carl spotted Rosa. He kicked the ball hard. It shot across the pavement and stopped at Rosa's white tennis shoes.

Carl thought Rosa was the most likable girl in the class. She was friendly to everyone. When Carl kicked the ball to



her, Rosa's face lit up with joy. Carl's face turned red. He was blushing with embarrassment.

Ouch!

Rosa kicked the ball to her friend, Jessica. Jessica had seen Rosa smile. Jessica didn't like it. Wasn't Rosa her best friend? Jessica was jealous.

Jessica kicked the ball to Tom. The ball came fast and straight to him. It hit Tom's face with a loud smack. Everyone laughed at "Poor Tom."

Tom smiled, too. But inside, he was burning with humiliation. A girl made him look silly! He didn't like being laughed at.

Miss Anthony's whistle ended the game. "Recess is over," she said. "Let's line up for class."

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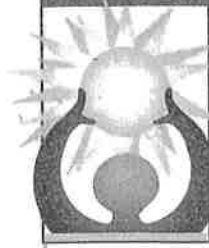
1. What do you think Joey's feelings tell about him? What do you think Jessica's feelings tell about her?
2. Share a feeling you've had today. What does the feeling tell about you?

Activity

Write a letter to a favorite person telling about your feelings when you are with him or her. Decorate the letter. Think about sending it to that person. It helps to share your feelings with other people.

Dear _____

HEALTHY & WHOLE



Like other feelings, **anger** is very normal. You can and should show anger in right ways. One right way is to

use anger to change things that are wrong. Holding your anger inside can hurt you. Anger can cause stomach-aches, headaches, or muscle aches. Anger can make your heart beat too fast and can make you nervous. Try not to keep your anger trapped inside.

Virtue

**COURAGE**

The habit of doing what is right without counting the cost. When you act with **courage**, you show

strength against fear and difficult times. It takes courage to stand up for those who can't stand up for themselves.

Reasons for Feelings

A feeling is a way of responding to something that happens to you. Feelings come from your body and mind working together. Your body gets information through your senses. Nerves send messages to your brain. Your brain sends answers, or feelings back. Some feelings are pleasant and some are unpleasant.

What can trigger feelings? Different events in your life can cause you to react with feelings. You get a new bike for your birthday. You wake up startled during a terrible thunderstorm. You fall asleep on your mom's shoulder during a long car ride home. All of these things cause you to experience special feelings.

Other times, it's people who cause you to react with feelings. For example, some people may cause feelings of admiration. They show you good ways to be. Other people may cause you to react with pride. They help you see God's goodness in you. Then you feel good about yourself.

Wanting to Be Close

Some feelings about other people are hard to understand. Boys and girls your age often feel uneasy around each other. That will change. In the years to come, your body will undergo many changes. Your feelings will change, too. Slowly, you will find yourself wanting to be close to someone of the opposite sex. This wanting to be close is natural.

Wanting to be close to someone plays an important part in God's plan for married life. Through the love of the married couple, children are created.



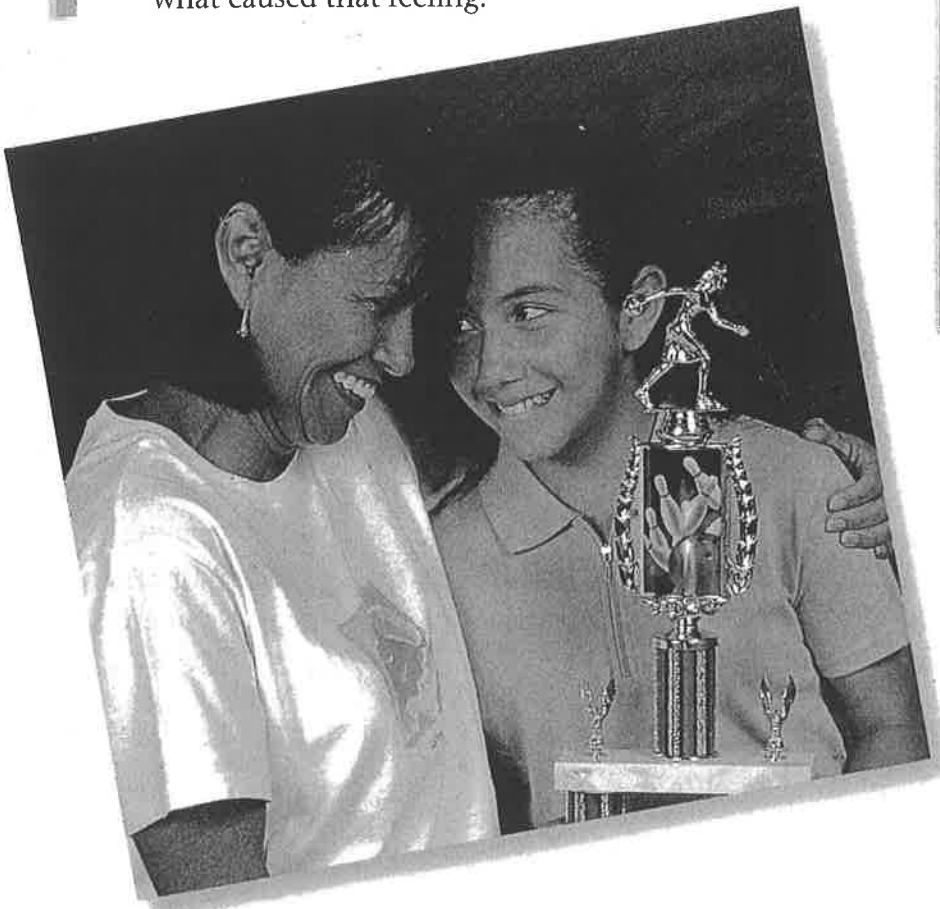
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1. Why do you think different people have different feelings when reacting to the same thing?
2. Tell about a good feeling you had today and what caused that feeling.

Catholics Believe



God gives human beings many kinds of feelings. Because Jesus was human, Jesus had these same feelings. God's grace helps us learn from our feelings and to share our feelings with others. The Holy Spirit helps us in this important part of our lives.



Activity

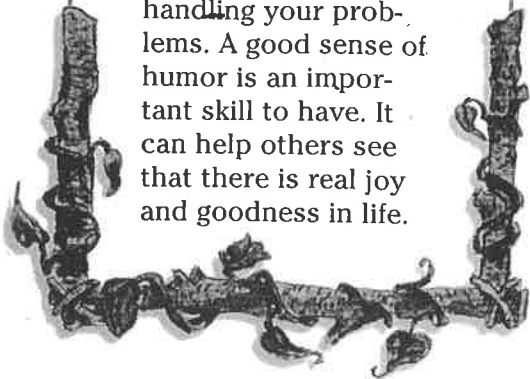
Feelings are like the colors of the rainbow. They all help to paint the beautiful picture of who you are. Paint a rainbow. On the bright colors, write some of your strongest feelings.

Skills to Grow By

A Sense of Humor

Did you ever feel scared or worried, and suddenly someone made you laugh? Just like that, your worries were swept away! You felt

better and calmer about handling your problems. A good sense of humor is an important skill to have. It can help others see that there is real joy and goodness in life.



APPLICATION

Naming Your Feelings

Every feeling you have tells you something about yourself. It's good to ask yourself about what you're feeling. Naming a feeling helps you to listen to it and to understand it.

Read the three stories about feelings. Answer the questions to help you see how to listen to your feelings.

1

It's your birthday. Your family takes you to your favorite restaurant to celebrate. Some cousins and special friends are waiting for you. You didn't know they were coming. I feel

I will listen to that feeling and choose to

2

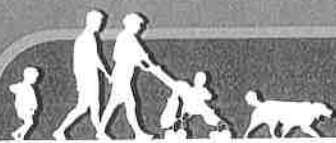
You're playing outside with friends. Two older boys come. They begin to tease and chase one student. The student cries. I feel

I will listen to that feeling and choose to

3

It's your first night at camp. The sky is starry. The sound of frogs croaking fills the night air. I feel

I will listen to that feeling and choose to



Family Faith

Jesus Had Feelings

The Apostles knew Jesus better than most people. They lived with him every day. They knew that Jesus didn't hide his feelings. Sometimes, Jesus was very happy. But Jesus felt sad when he saw people suffer. This Gospel story tells about that:

"Jesus went to all the towns, teaching and proclaiming the Good News and curing every illness. Seeing the crowds, He was moved with pity for them. They were troubled and abandoned, like sheep without a shepherd" (based on Matthew 9:35-36).

Imagine that you are with Jesus

as he walks through a dusty little village. What do you feel as Jesus helps the people?

Whenever you wish, you can picture yourself with Jesus. See how Jesus showed his feelings. He will help you to understand and listen to your own feelings.

At Home

With your family, read aloud Mark 1:35-45 from a Bible. Then, think of your family being with Jesus all day long. You and your family are with him as he prays, preaches, and heals. Talk about your time with Jesus.



prayer

Lord,
help me to understand my feelings.
When I am happy, help me to know
You are happy with me.

When I am sad, please comfort me.
When I worry, help me to share
my worries with You.
Amen.

Acting on My Feelings

This chapter
will help you

- discover ways to act on your feelings
- choose between right and wrong actions
- know how the sacrament of Reconciliation can help you make right choices

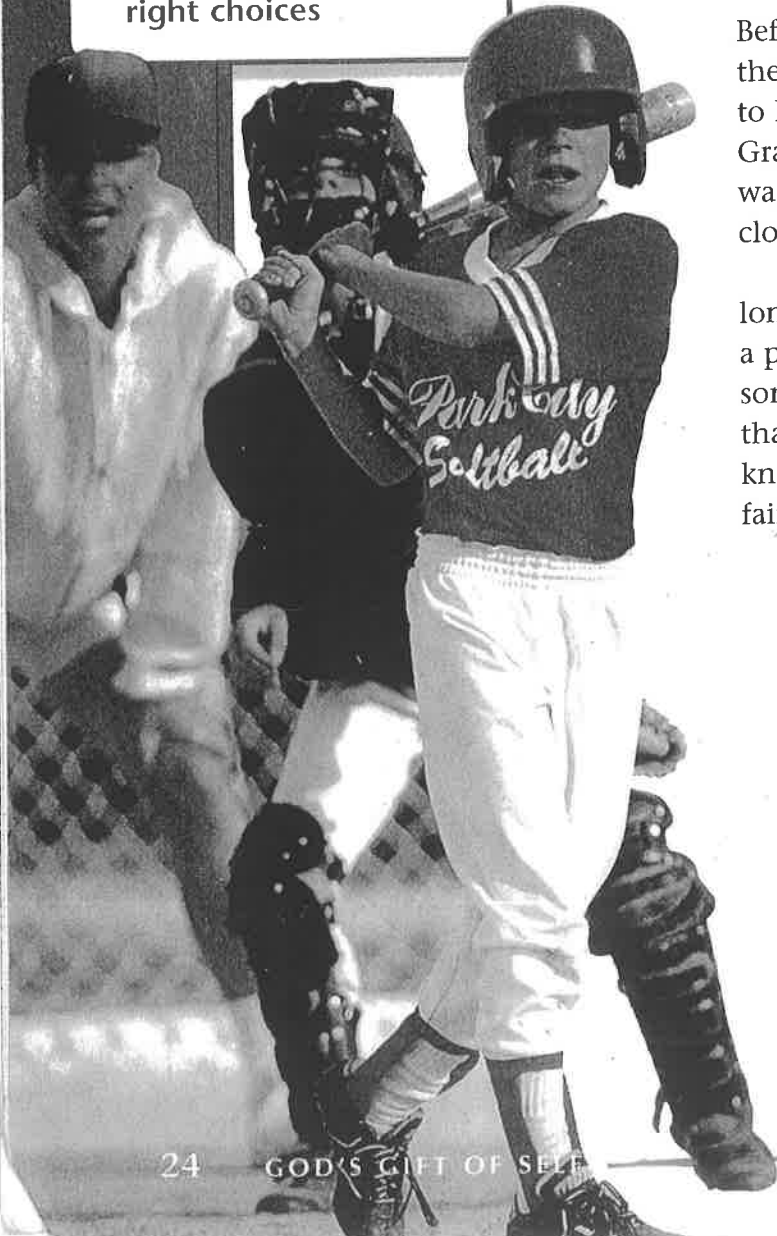
Learning Ways to Act

The day had started off miserably. First, Chris couldn't find the red belt for his team uniform. Then, one of the laces on his cleats broke. And finally, his new puppy had found Chris' batting glove to be very tasty. Muttering loudly, Chris stomped his way to the dugout. His coach walked up to him. "Use your anger, Chris," the coach said. When you're up to bat, focus on the ball. Put your anger in your swing and get us a big hit." That's just what Chris did.

Happily Ever After

Before she died, Rosalie's grandmother had lived with them for several years. Grandmother had often read to Rosalie from the same book of fairy tales Grandmother had read to Rosalie's mom when she was young. Rosalie loved the feeling of snuggling close to her grandmother while she read.

Now and then, Rosalie's mom would say she was lonely for Grandmother. Then she would go look at a photo album of Grandmother's, or play a special song on the piano. She always seemed cheerier after that. So when Rosalie missed her grandmother, she knew just where to find her—between the pages of a fairy-tale book.



No Baby Blues

Mom and Dad had just brought the baby home. A new baby after ten years! Colleen didn't know how to react! She touched the baby's little hand. The baby closed its tiny hand around Colleen's finger. The baby didn't want to let go of her new big sister. Colleen lifted the baby and held her close. Her little sister needed her. And that was a good feeling.

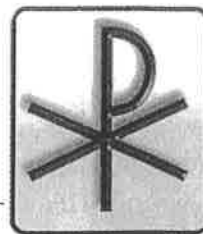
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1. Which person used experience to learn how to act on feelings?
2. Which person used advice to learn how to act on feelings? Which person used someone's example?

Activity

Write about a time you acted on your feeling. Tell if you acted from experience, advice, or example.

Catholics
Believe

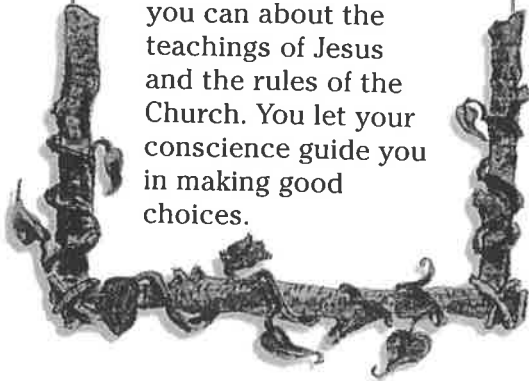


It is important to learn how to act on our feelings. God gives us the gift of conscience, which is guided by the teachings of the Church to help us act on our feelings in ways that help others and ourselves. When we do otherwise, God offers forgiveness. God calls us back to a life of love.

A Good Conscience

You have a gift from God to help you know right from wrong. This gift is called your **conscience**. You can help your conscience work for you. You do that by

learning as much as you can about the teachings of Jesus and the rules of the Church. You let your conscience guide you in making good choices.



How to Show Feelings

Feelings themselves are neither good nor bad, right nor wrong. What's important is what you decide to do with your feelings. Your actions can be good or bad, right or wrong. Sometimes the wrong action you take might make you feel good. This does not make the action right.

Pretend you have won an award for the best school project. You feel joy and excitement! How do you show your feelings?

You could happily say thank you to everyone who congratulates you. Or, you could go to the student who won the second place prize. You could grin and say, "Ha, ha, I beat you!"

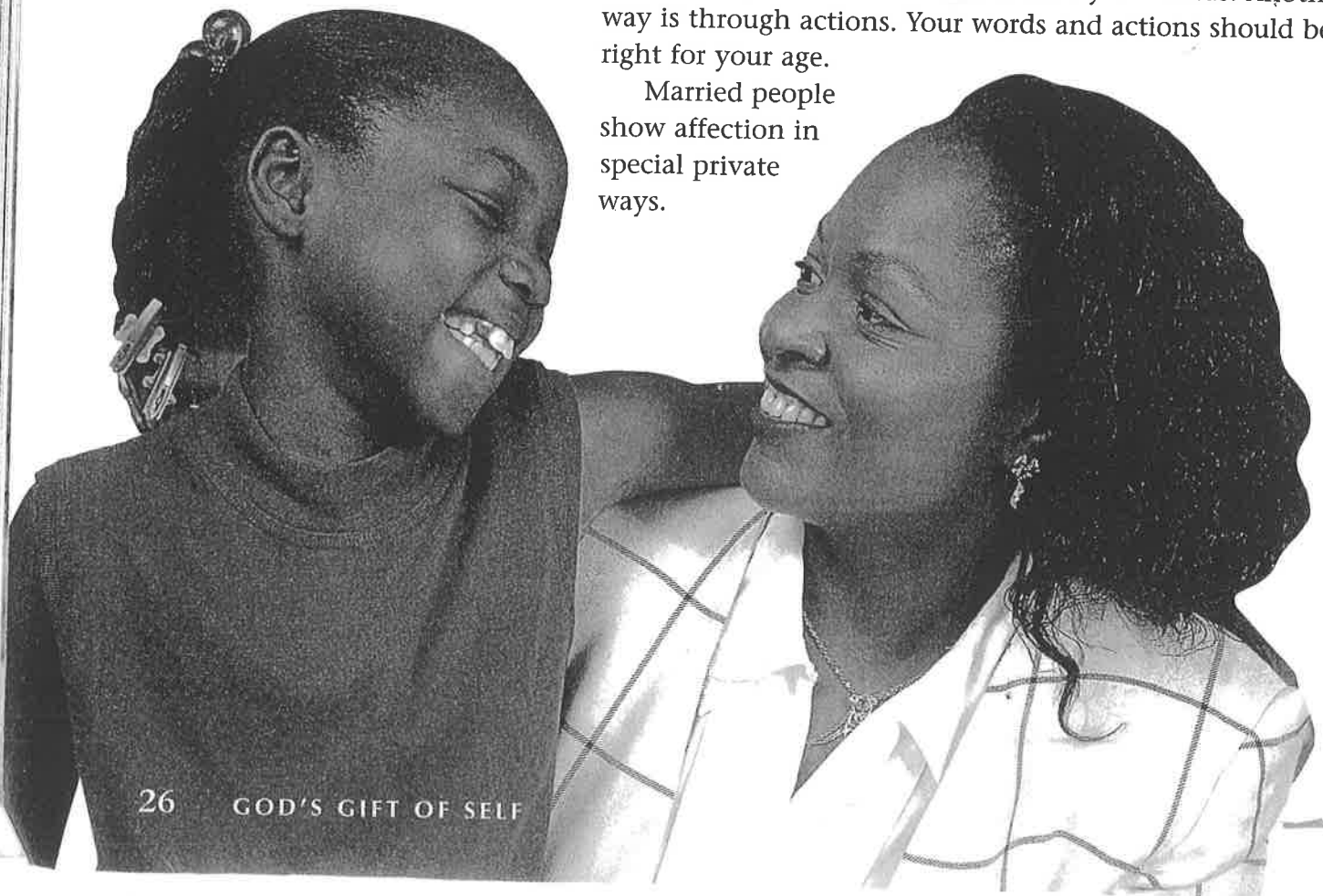
You might enjoy both ways of showing your happiness. But only one way is the right way. Which is the right way? Why?

Feelings of Affection

Showing and receiving feelings of affection are very important actions. God blesses people with many ways to show true affection. God does not want people to use these ways to hurt someone or to offend someone.

One way to show affection is with your words. Another way is through actions. Your words and actions should be right for your age.

Married people show affection in special private ways.

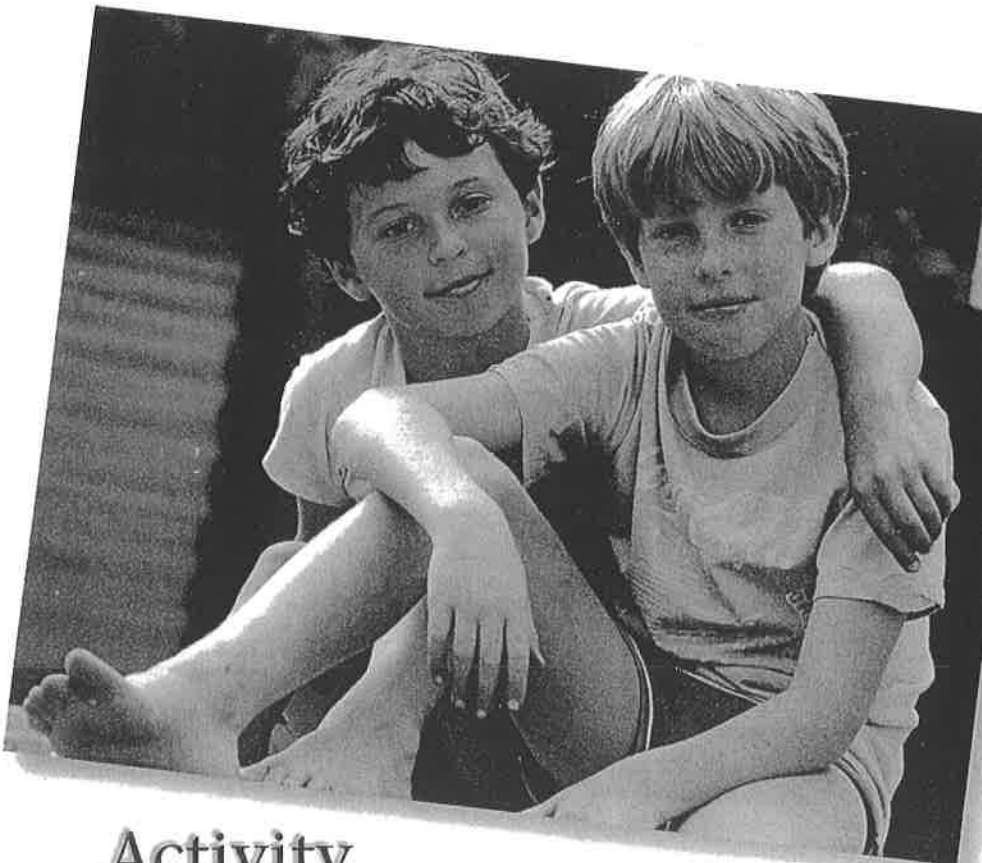


Unmarried people show affection in different ways than married people do. That's part of God's plan for family and the creation of new life.

Someone may tell you that his or her action is meant to show you affection. This person may say things or try to touch you in ways that you know are wrong. These are not ways God wants affection shown. If this is happening to you, you can and should say, "No!" You should immediately get help from a family member or an adults you can trust.

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1. What you do with your feelings is important. Why?
2. How can your conscience help you to make good choices at school?



Activity

Look through magazines for pictures of people showing affection as God intended. Cut out the pictures. Glue them to a sheet of paper. Add a title to your work.

CATHOLIC



A bell rang. Children and grown-ups looked toward the sound. Their eyes brightened as they saw who was coming into their Italian village. They recognized the smiling face—it was Father **Philip Neri**. How he made them laugh! He was full of jokes and always ready for fun. Sometimes he wore big baggy clothes. Other times, he sang and told riddles. Saint Philip's own feeling of joy brought happiness to others. These people of the 1500s saw that following Jesus is not a gloomy thing.



APPLICATION

The Commandment to Love

Loving like Jesus means to show respect, for others—all people—not just the people who are easy to like. Respect means that you honor the person. You show that you like the person just as she or he is. If you respect a person, you treat him or her as you want to be treated.

Loving Others

On the lines below, write an action you will do that would show respect and love to each of the people listed. In the last space, add another person or two of your choice.

PERSON	Action That Shows Respect
Parent	<hr/> <hr/>
Sister, brother	<hr/> <hr/>
Friend	<hr/> <hr/>
Teacher	<hr/> <hr/>
Neighbor	<hr/> <hr/>
<hr/>	<hr/> <hr/>
<hr/>	<hr/> <hr/>



Family Faith

Forgiveness for All

Have you ever had a bad day? Sometimes you choose to be mean to someone because you are in a bad mood. Doing something on purpose that goes against God's law is a sin. When you choose to do wrong, you choose to sin. In sin you turn away from God's love.

Jesus gave us a special gift so that we can ask for God's forgiveness. It is the sacrament of Reconciliation. This sacrament helps us to make right choices later. In the sacrament of Reconciliation, we celebrate the gift of forgiveness. We celebrate returning to God's love.

At Home

Forgiveness is important to family life. Some very important words you can say in your family are, "I'm sorry," "Please forgive me," "I forgive you," and "I love you." Ask members of your family to talk about ways that they show forgiveness.



prayer

Lord,
I am sorry for the wrong choices I have made. I am sorry for hurting my family and other people. I am sorry for having turned away from You. Help me to

make things right with the people I have hurt. Give me the courage to make right choices in the future.

Amen.

Reviewing

Summary

Remember what you have learned in each of the chapters in God's Gift of Self.

Chapter 3: My Feelings

- There are many types of feelings. Your feelings tell you about yourself.
- You can learn to listen to your feelings to help you decide how to react.

Chapter 4: Acting on Feelings

- You can learn how to act on your feelings from advice of others, from the example of others, and from experience.
- God's gift of conscience helps you to know right from wrong.
- The Sacrament of Reconciliation makes God's merciful forgiveness present to you.

Thinking it Through

Think about the following questions. Share your answers.

1. What are some ways I express my feelings?
2. What are the good ways a person my age can express affection?
3. Imagine a world without forgiveness. What would it be like?

Working Together

Different types of music can make you feel different ways. For this art project, you will need markers or crayons and some white drawing paper. Listen to three types of music. Each type of music should have a different mood. While you listen to each type of music, use colors and shapes to describe the mood you feel. Compare your drawings with others in the class.

