observation

1

True or false?
There are good and bad emotions.

Answer: **False.**
Some emotions feel good, and others don't.

emotion

2

True or false?
If you ignore your feelings, they'll go away.

Answer: **False.**
They can come back later, or appear in other forms.

3

Welcoming an emotion means...

1) judging it as "good" or "bad."
2) letting yourself be overcome by it.
3) recognizing it.

sensation

4

True or false?
Stress is a useless emotion.

Answer: **False.**
Stress can help you take action in some situations.

5

A talking stick is an object used to...

1) vote for a representative.
2) take turns speaking.
3) decide who will make a decision.

6

Talking about your emotions is for weak people.

Answer: **False.**
It's a strength.

welcoming

7

True or false?
It's possible to spend a day without feeling any, or very few, emotions

Answer: **False.**
Most of the time, we're feeling an emotion.

8

True or false?
Everyone experiences emotions in the same way.

Answer: **False.**
How someone feels an emotion is specific to them.

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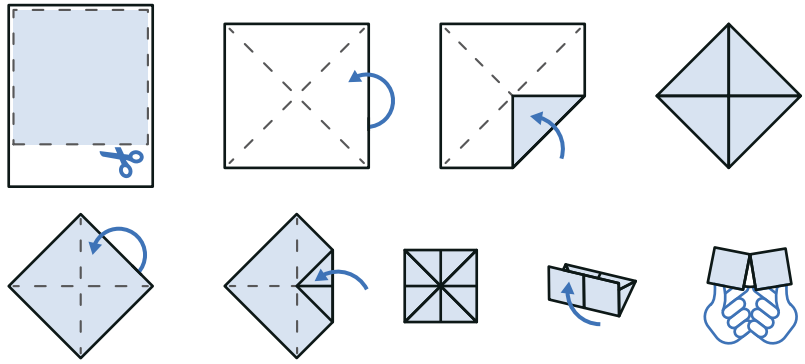

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“FEEL THE MOMENT” Mini-Quiz

TRUE OR FALSE

There are good and bad emotions.

Answer: False. Some emotions feel good, and others don't.

Take it further: All emotions have a purpose. An emotion isn't necessarily “positive” or “negative.” It's giving you clues about what you're experiencing and what your needs are. What may feel pleasant or unpleasant are the physical sensations (e.g., feeling warm, nauseous, or having dry mouth; versus jumping for joy or having an energy boost) and thoughts that accompany an emotion (e.g., telling yourself you'll never get through something, that you'll be rejected; or being proud of yourself, feeling certain that you'll get through something).

Questions for reflection:

- Which emotions do you find pleasant? Which do you find unpleasant?

TRUE OR FALSE

If you ignore your feelings, they'll go away.

Answer: False. They can come back later, or appear in other forms

Take it further: You can take a step back and wait for the right time to feel your emotions. But when you don't listen to your emotions, this can increase your anxiety. It's a bit like if I asked you not to think about a hamburger or a polar bear: the more you try not to think about it, the more likely you are to do so.

Questions for reflection:

- What do you usually do when your emotions feel too big?

“FEEL THE MOMENT” Mini-Quiz

TRUE OR FALSE

Stress is a useless emotion.

Answer: False. Stress can help you take action in some situations.

Take it further: When you’re confronted with a stressful situation, it’s normal to feel uncomfortable (upset stomach, rapid heartbeat). This is a sign that your body is giving you the energy you need to adapt to the situation. A certain amount of stress can be useful, like if you’re preparing for an exam or a presentation. However, when it gets too intense, comes too frequently or persists for too long, stress can harm your well-being.

Questions for reflection:

- What are some situations where your stress helps you?
- What are some situations where your stress complicates things for you?

MULTIPLE CHOICE

A talking stick is an object used to...

1) vote for a representative.
2) take turns speaking.
3) decide who will make a decision.

Answer: 2) take turns speaking.

Take it further: Talking sticks are a traditional item used in many Indigenous cultures, often made using natural materials. The practice of using talking sticks has existed across multiple generations and can be used in sharing circles and council meetings. It is a symbol of respect and equality among the people present. When one person is holding the stick, it is their turn to speak, and the others’ turn to listen.

Questions for reflection:

- Think about your interactions with others. Are you someone who talks a lot, listens a lot, or a mix of the two?
- What helps you feel heard? What helps you speak up?
- What could help you listen to others?

“FEEL THE MOMENT” Mini-Quiz

MULTIPLE CHOICE

Welcoming an emotion means...

1) judging it as “good” or “bad.”.
2) letting yourself be overcome by it.
3) recognizing it.

Answer: 3) recognizing it.

Take it further: Welcoming an emotion means recognizing its presence without trying to push it away or letting it take over. Your emotions are giving you clues on what you’re experiencing and what your needs are. It’s a bit like learning a new language—you have to listen, practice, and accept that it takes time!

Questions for reflection:

- Is it easy or difficult for you to recognize and name your emotions? Why or why not?
- Which emotions are easy for you to recognize? Which do you have a harder time identifying?
- Which emotions do you feel most frequently?

TRUE OR FALSE

Talking about your emotions is for weak people..

Answer: False. It’s a strength.

Take it further: When you talk about your emotions and listen to others talk about theirs, even when it’s hard, you are showing courage in your relationships. Instead of remaining indifferent or uncomfortable, you’re taking the step to open yourself up to the other person.

Questions for reflection:

- Who makes you feel like you can safely talk about your emotions? Why?

“FEEL THE MOMENT” Mini-Quiz

TRUE OR FALSE

It’s possible to spend a day without feeling any, or very few, emotions.

Answer: False. Most of the time, we’re feeling an emotion.

Take it further: When you are conscious, you will feel emotions most of the time, even if you don’t realize it.

Questions for reflection:

- Can you name an emotion you experienced in the past couple of hours?
- How does your body show you that you’re feeling an emotion?

TRUE OR FALSE

Everyone experiences emotions in the same way.

Answer: False. How someone feels an emotion is specific to them.

Take it further: Did you know that the same basic emotions—anger, disgust, joy, fear, surprise and sadness—are present in every culture around the world, although we don’t all feel them the same way? It is entirely possible that the way that you feel and express your emotions will be different from that of the people around you. This can even change over the course of your life.

Questions for reflection:

- Have you ever experienced an emotion similar to one another person was feeling... but you each expressed it differently?
- Have you ever experienced the same situation as another person, but felt different emotions about it?