

## ☀️ "Feelings & Fuel Jar"



### Purpose:

To help children (or educators in training) recognize how **health (fuel)** and **emotions (feelings)** affect their ability to learn and focus.

### Materials:

- A clear jar or container
- Two sets of slips of paper (different colors):
  - "Fuel slips" (Health) – e.g., "I slept well," "I had a healthy snack," "I feel tired," "I skipped breakfast."
  - "Feeling slips" (Emotions) – e.g., "I feel happy," "I feel worried," "I feel calm," "I feel upset."

### Steps:

1. At the start of the day (or activity), invite children to pick one "Fuel slip" and one "Feeling slip" that describes them.
2. Have them place both slips into the jar.
3. As a group, discuss:



- How might today's "fuel" and "feelings" affect how well we can learn new things?
  - What can we do if our jar shows "low fuel" or "hard feelings"? (e.g., take a break, have a snack, do a calming activity).
4. At the end of the day, check back in. Did learning feel easier when health and emotions were in balance?

#### Why It Works:

- Makes abstract ideas (health, emotion, learning) concrete and visible.
- Encourages children to self-reflect and connect their inner state to their learning experience.
- Can also be used by teachers in professional development to model how small changes in well-being ripple into classroom focus.

