



# Care Tags



## Goal

It takes practice learning to recognize and voice our own behaviors, feelings, and needs. In this activity, you will explore the connection between your feelings and reactions, and the care that helps you manage them. The more we understand about ourselves, the better we can communicate that to others. Create 'care tags' together to promote open communication between family members.

Have you ever noticed what the tags on our clothes say? Usually, a tag tells us how to take care of our clothing, since every material needs something different; some clothes need to be washed in cold water, some in hot water, some need to air dry, etc. It is the same for people and feelings---we all need different kinds of care to support us. What we need is different for each emotion too because what helps us when we are sad might be different than what helps us when we are mad. Having open conversations with our family members about the unique care we each need when we are having a hard feeling can help us to support each other better. Use this activity to create your own 'care tags' as a family.



**When I** \_\_\_\_\_  
(Behavior, action, or situation)

**I am feeling** \_\_\_\_\_  
(emotion)

**And I need** \_\_\_\_\_



## Supplies Needed

Paper

Writing Utensil

Optional:

- Scissors
- Hole punch
- String to make a care tag bracelet or necklace

## Time Needed

Approximately 20-30 minutes

## Possible Questions

- How do you act when you are hungry, upset, tired....?
- Can you always tell when you are feeling excited, sad, angry....?
- What are some hard feelings you have had this week?
- How can family members help you when you are having a hard feeling?
- Do you know what you need, or what helps you when you are upset? It can be hard to know, so talk as a family to come up with ideas together.

## Instructions

For every **emotion** we have, we also have a **behavior** and a **need**. What happens when you are angry? Someone being asked might say:

"When I **yell loudly [behavior]**,

I am feeling **angry [emotion]**,

And I **need to take deep breaths.**"

Following the sample provided above, make your own care tags. Consider using the "Possible Questions" to guide your conversation as well.

Discuss that it is OKAY to have different reactions and needs, it is just important to talk openly with each other so you communicate in ways that are helpful to everyone. *Sometimes finding the words in the moment is difficult---use these care tags in the future when you want to let a family member know what you need.*

