Collecting Treasure from the Islands of Possibilities

Increasing the Power to Change Your Mind

By Anne Tyler, MS, LMFT

Learning Station 2 – Island of Changing Feelings

Treasure – The Goblet of Calmness

Activity - Emoji Comic Strip

Materials

1) Emoji Comic strip templates
2) Deck of uncomfortable feelings
3) Deck of comfortable feelings

Directions for game

1) Each student chooses a card from the deck of uncomfortable feelings and one from the deck of comfortable feelings. They take a Comic Strip worksheet.
2) Students can work at the station in pairs or 3-4 students.
3) When completed, each student shares the story of their emoji comic strip.

Directions for the student

1) Choose a card from each deck – one uncomfortable feeling, one comfortable feeling
2) Take a worksheet to create your emoji comic strip
3) Draw the characters in your comic strip in emoji form, which are circles for the faces only with any additional scenes and items you would like to add
4) Use the uncomfortable feeling in the first frame of the comic strip and make up a story about what happened to your character.
5) Show a scene in the middle square about what happened to your character to change how they feel – using strategies, something happened
6) Show how your character feels in the last panel when they have comfortable feelings and what happened to them
7) Tell the story to your group members or partner.

This material is the property of Anne Tyler, MS, LMFT and Tyler Institute and are copyrighted 2017.
Materials may not be reproduced without permission except by participants for personal use.

cool

Emoji Comic Strip: Solving Problems and Changing Your Mind

surprised

Name

silly

Uncomfortable Feelings

Positive Choices

Comfortable Feelings

sad

mad

afraid

Comfortable Absorbed	Comfortable Alert
Comfortable Amazed	Comfortable Amused
Comfortable Animated	Comfortable Awed
Comfortable Calm	Comfortable Centered
Comfortable Comfortable	Comfortable Confident

This material is the property of Anne Tyler, MS, LMFT and Tyler Institute and are copyrighted 2017.
Materials may not be reproduced without permission except by participants for personal use.

Comfortable Content	Comfortable Curious
Comfortable Eager	Comfortable Empowered
Comfortable Enchanted	Comfortable Energetic
Comfortable Engaged	Comfortable Enthusiastic
Comfortable Excited	Comfortable Fascinated

This material is the property of Anne Tyler, MS, LMFT and Tyler Institute and are copyrighted 2017.
Materials may not be reproduced without permission except by participants for personal use.

Comfortable Giddy	Comfortable Glad
Comfortable Grateful	Comfortable Happy
Comfortable Hopeful	Comfortable Inspired
Comfortable Involved	Comfortable Joyful
Comfortable Jubilant	Comfortable Lively

This material is the property of Anne Tyler, MS, LMFT and Tyler Institute and are copyrighted 2017.
Materials may not be reproduced without permission except by participants for personal use.

Comfortable Loving	Comfortable Mellow
Comfortable Open	Comfortable Peaceful
Comfortable Pleased	Comfortable Proud
Comfortable Quiet	Comfortable Refreshed
Comfortable Refreshed	Comfortable Relaxed

This material is the property of Anne Tyler, MS, LMFT and Tyler Institute and are copyrighted 2017.
Materials may not be reproduced without permission except by participants for personal use.

Comfortable Relieved	Comfortable Rested
Comfortable Safe	Comfortable Satisfied
Comfortable Secure	Comfortable Serene
Comfortable Still	Comfortable Stimulated
Comfortable Surprised	Comfortable Sympathetic

This material is the property of Anne Tyler, MS, LMFT and Tyler Institute and are copyrighted 2017.
Materials may not be reproduced without permission except by participants for personal use.

Comfortable Thankful	Comfortable Thrilled
Comfortable Trusting	Comfortable Warm

This material is the property of Anne Tyler, MS, LMFT and Tyler Institute and are copyrighted 2017.
Materials may not be reproduced without permission except by participants for personal use.

Uncomfortable Afraid	Uncomfortable Agony
Uncomfortable Alarmed	Uncomfortable Angry
Uncomfortable Annoyed	Uncomfortable Anxious
Uncomfortable Ashamed	Uncomfortable Baffled
Uncomfortable Bored	Uncomfortable Cold

This material is the property of Anne Tyler, MS, LMFT and Tyler Institute and are copyrighted 2017.
Materials may not be reproduced without permission except by participants for personal use.

Uncomfortable Confused	Uncomfortable Cranky
Uncomfortable Depressed	Uncomfortable Disconnected
Uncomfortable Dislike	Uncomfortable Distant
Uncomfortable Distressed	Uncomfortable Disturbed
Uncomfortable Dread	Uncomfortable Edgy

This materials the property of Anne Tyler, MS, LMFT and Tyler Institute and are copyrighted 2017.
Materials may not be reproduced without permission except by participants for personal use.

Uncomfortable Embarrassed	Uncomfortable Exhausted
Uncomfortable Fidgety	Uncomfortable Frazzled
Uncomfortable Frustrated	Uncomfortable Gloomy
Uncomfortable Guilty	Uncomfortable Hate
Uncomfortable Helpless	Uncomfortable Hopeless

This material is the property of Anne Tyler, MS, LMFT and Tyler Institute and are copyrighted 2017.
Materials may not be reproduced without permission except by participants for personal use.

Uncomfortable Horrified	Uncomfortable Hurt
Uncomfortable Impatient	Uncomfortable Irritated
Uncomfortable Jealous	Uncomfortable Jittery
Uncomfortable Lost	Uncomfortable Miserable
Uncomfortable Mistrustful	Uncomfortable Nervous

This material is the property of Annie Tyler, MS, LMFT and Tyler Institute and are copyrighted 2017.
Materials may not be reproduced without permission except by participants for personal use.

Uncomfortable Overwhelmed	Uncomfortable Pain
Uncomfortable Panicked	Uncomfortable Puzzled
Uncomfortable Regretful	Uncomfortable Resentful
Uncomfortable Sad	Uncomfortable Scared
Uncomfortable Sensitive	Uncomfortable Shaky

This material is the property of Anne Tyler, MS, LMFT and Tyler Institute and are copyrighted 2017.
Materials may not be reproduced without permission except by participants for personal use.

Uncomfortable Shocked	Uncomfortable Stressed Out
Uncomfortable Tired	Uncomfortable Turmoil
Uncomfortable Unhappy	Uncomfortable Uninterested
Uncomfortable Upset	Uncomfortable Weary
Uncomfortable Withdrawn	Uncomfortable Worried

This material is the property of Anne Tyler, MS, LMFT and Tyler Institute and are copyrighted 2017.
Materials may not be reproduced without permission except by participants for personal use.