

Daily Dad FEELINGS

A DAILY DOSE OF DADDY

Ages 13–21

DOSE 1 OF 365

How do you feel today? Circle yours · Dad ★ yours

Notice it. Name it. Then choose.

Get specific. Circle every word you've felt this week. ★ the strongest one today.

Mad	Sad	Worried	Happy	Tired
irritated	disappointed	anxious	proud	drained
frustrated	lonely	overwhelmed	relieved	bored
disrespected	left out	insecure	grateful	numb
resentful	discouraged	dreading it	excited	burned out

Did you know? In a 2007 UCLA brain-scan study, putting feelings into words calmed the amygdala, the brain's alarm center.

Replay one moment (from this week)

Notice: what happened? _____

Name: first word → exact word _____

Judge: the story I told myself _____

Choose: what I'll try next time _____

Before you react, try... (circle one)

- **Long exhale** — in 4, out 6
- **Walk it off** — 10 minutes outside
- **Phone down** — for 10 minutes
- **Wait to send** — reread it later
- **Talk it out** — with Dad or a friend
- **My idea:**

LET'S TALK: What feeling this week did "fine" or "stressed" not really cover?

1. **Dad goes first.** Be exact: "I said stressed. Really, I felt overlooked at work."
2. **Kid goes second.** Listen without fixing it, then name yours as exactly as you can.

DAD JOKE OF THE DAY

What do you call a fake noodle?

An impasta!

Kid(s): _____ Dad: _____ Date: _____

Wise Words: *"It is not the things themselves that disturb men, but their judgements about these things."* — Epictetus