

Daily Dad FEELINGS

A DAILY DOSE OF DADDY

Ages 13–21

DOSE 2 OF 365

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



Feel it first. Then test the story.

Would you rather? Circle one, then write where your body would feel it.

Give a toast at a wedding or **Interview for a dream job**
Where I'd feel it: _____

Get brutally honest feedback or **Get no feedback at all**
Where I'd feel it: _____

Text first after a fight or **Wait for them to text**
Where I'd feel it: _____

Drive in a big city or **Parallel park with people watching**
Where I'd feel it: _____

Did you know? In a 2014 study, about 700 people in Finland, Sweden and Taiwan colored where they feel emotions. Each emotion had its own body map.

Pause and test it

Notice: where I feel it _____

Name: the feeling _____

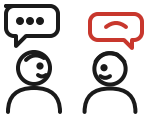
Test: is my story true? _____

What else could it be? _____

Choose: my next move _____

Settle the body first (circle one)

- **Long exhale** — in 4, out 6
- **Walk it off** — 10 minutes outside
- **Body scan** — jaw, shoulders, hands
- **Wait to send** — reread it later
- **Talk it out** — with Dad or a friend
- **My idea:**



LET'S TALK: When did your body react before your brain caught up?

1. **Dad goes first.** Be real: "My jaw was tight all day. I was dreading a talk."
2. **Kid goes second.** Share your moment, then what the feeling turned out to be.

DAD JOKE OF THE DAY



Why did Dad finally like his beard?

It grew on him.

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

Wise Words: *"Wait for me a little, O impression; allow me to see who you are"* — Epictetus