



Jayden and the Power of Feelings

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Jayden stood at the front of Mrs. Vargas's classroom at Ernesto Ramos Antonini School, feeling a gentle buzz of excitement. Today was his special turn to give a presentation on something super important: understanding our emotions. As he looked at his classmates sitting quietly at their desks, he adjusted his colorful presentation posters and smiled warmly.



Have you ever noticed how your body talks to you when you feel strong feelings, Jayden asked as he held up a bright illustration of a child. He pointed to a drawing showing a boy with a furrowed brow. When we get angry or frustrated, our body sends physical signals, like a throbbing headache or a tight feeling in our forehead.



Jayden then flipped to the next poster, which showed a child hugging their arms with shivering hands. And when we feel scared or nervous, our hands might feel freezing cold, or our heart might beat extra fast, he explained. The students in Mrs. Vargas's class nodded thoughtfully, recognizing those exact physical sensations in themselves.



To show everyone how to calm those big physical reactions, Jayden asked his classmates to stand up. When your body feels overwhelmed by anger or fear, you can use your breath like a superpower to reset, Jayden shared. He raised his hands slowly like an expanding balloon to demonstrate taking a deep, slow breath in through the nose.



Now hold your breath for three seconds, and gently blow out through your mouth like you are blowing out birthday candles, Jayden guided. The entire classroom filled with the soft, soothing sound of unified exhales. Everyone's tense shoulders relaxed, and warm smiles started appearing across the room.



Jayden then pointed to a colorful map of Ernesto Ramos Antonini School pinned to the chalkboard. Remember, you never have to handle big or scary emotions all by yourself, he said gently. Our school has a whole team of caring adults who are always ready to listen and support us whenever we need help.



He highlighted icons representing different support staff around the campus. You can always talk to our wonderful teachers like Mrs. Vargas, or visit our school counselor, social worker, and school psychologists, Jayden explained. They are trained to offer guidance, comfort us, and help us navigate tricky feelings safely.



Mrs. Vargas stepped forward with a soft smile, thanking Jayden for his helpful and heartwarming presentation. The students began asking questions, openly sharing moments when their own hands felt cold or their heads throbbed with frustration. The classroom quickly became a safe space of mutual support and shared understanding.



Jayden handed out miniature emotional check-in cards with simple breathing guides to all his classmates. Each card featured friendly drawings of physical symptoms along with reminders to breathe deeply and seek out a trusted school staff member. The children held their cards proudly, feeling empowered and prepared for future emotional moments.



As the bell rang, the students walked out into the bright school hallway feeling confident and connected. Jayden felt a deep sense of joy knowing he helped his peers understand their minds and bodies much better. Ernesto Ramos Antonini School felt warmer because everyone knew that asking for help was a sign of strength.