

# EMOTIONAL LITERACY POSTERS: "Meh"



## BODY SIGNALS

### DISTRACTED

Your thoughts keep wandering off.



### BORED

You fidget, look around & can't finish the task.



### DISENGAGED

You feel "shut off" from what's going on around you.



## WHY WE FEEL IT

"Meh" is the feeling we get if we're not having fun. It's our brain's way of saying "this doesn't matter to me!" or "this is too hard!"

## TRIGGERS zzz

doing something that feels too hard

a task feels too confusing      doing "work" or "chores"

spending too long on one activity

## HOW TO

## PROCESS IT

BREAK TASKS INTO "BITS"



SET A TIMER TO FINISH



TAKE A BREAK FOR FUN



REWARD EACH SMALL STEP



LISTEN TO UPBEAT MUSIC



! Feelings are messages from our body. Listening helps us take good care of ourselves!