

How to Use ThinkFeel Lab in Your Classroom

youtube.com/@ThinkFeelLab · thinkfeellab.com · Free · Ages 8–12 · 5–7 min each

Emotional regulation

Metacognition

Nervous system literacy

Cognitive flexibility

Self-compassion

WHAT IT IS

ThinkFeel Lab teaches children how their brain, nervous system, and emotions actually work. Each video explains the mechanics behind feelings and thoughts, not just coping tips, so students build real understanding alongside real skills. Episodes are organized into topic-based playlists including anxiety, confidence, anger, belonging, and more.

WHERE IT FITS IN YOUR DAY

Morning meeting

Open the week with one episode. Pause for a quick discussion before starting lessons.

SEL block

Use a full episode with the free companion guide for reflection and skill-building.

When a theme comes up

Anxiety in the room? Conflict between students? Pull a targeted playlist in the moment.

Calm-down space

Set up a corner where students can independently watch a short regulation or breathing video.

Transition time

Use a short episode between subjects or after recess to help students re-regulate and refocus.

Parent communication

Share a relevant episode link with a parent when a child is navigating something hard at home too.

QUESTIONS TO USE AFTER A VIDEO

- Did anything in that video feel familiar to you?

- Where do you notice that feeling in your body?

- What is one thought you have had that turned out not to be totally true?

- What might you try next time that feeling shows up?

LANGUAGE TO BRING INTO YOUR CLASSROOM

"Your brain is trying to protect you right now. That is what that feeling is."

"Is that thought a fact, or is it your brain making a guess?"

"Let us take a breath and give your nervous system a moment."

"You do not have to make the feeling go away. You just have to stay with it."