

How to Use ThinkFeel Lab in the Counseling Office

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

Anxiety

Shame

Perfectionism

Anger

Belonging

Social conflict

Rumination

WHAT MAKES IT DIFFERENT

Most social-emotional content teaches kids what to do when they feel something big. ThinkFeel Lab teaches them why it is happening first. Videos explain the nervous system, the brain's alarm system, and how thoughts form before introducing any tools. That sequence builds real understanding, not just compliance. Content is trauma-informed and shame-free throughout.

HOW TO USE IT IN SESSIONS

Psychoeducation opener

Start a session with a relevant episode to build shared language before diving into the student's situation.

Small group work

Use paired episodes for a group focused on anxiety, belonging, or conflict, then process together.

Send home after a session

Reinforce what you worked on by sending the student home with a link to the matching episode.

Bridge to the classroom

Use the companion guide to align language with the student's teacher so the whole environment reinforces the skill.

Classroom consultation

Recommend a playlist to a teacher when a theme is showing up repeatedly in a particular class.

New student support

Use the foundational feelings and thoughts playlists to help a new or struggling student build baseline language.

TOPICS COVERED IN THE PLAYLISTS

- Anxiety and worry, including nervous system activation and grounding tools
- Perfectionism and shame, including inner critic work and mistake recovery
- Belonging, social fear, and rejection sensitivity
- Anger, impulse control, assertiveness, and boundary-setting
- Rumination, replay loops, and letting go of self-criticism

QUESTIONS TO USE AFTER A VIDEO

"Where do you feel that in your body when it happens to you?"

"What story was your brain telling you in that moment?"

"Is there a thought you have been carrying that might not be the whole picture?"

"What would you say to a friend who was feeling this way?"