



TRAINING NETWORK

UNDERSTANDING BIG FEELINGS



CHILD RESOURCE



It's OK to have big feelings.

All feelings are important.

We just need to understand them and know what to do.



WHAT ARE FEELINGS?

Feelings are the way our body and mind let us know how we are feeling inside. They help us understand ourselves and others.



Remember: There are no good or bad feelings. All feelings are OK.



DIFFERENT BIG FEELINGS

We all feel lots of different feelings. Here are some big ones:

HAPPY



Feeling good, cheerful and joyful.

Example: Getting a gift

SAD



Feeling down, unhappy or disappointed.

Example: Losing a game

ANGRY



Feeling mad, frustrated or irritated.

Example: Someone takes your toy

SCARED



Feeling afraid, nervous or worried.

Example: A loud noise

EXCITED



Feeling very happy and full of energy!

Example: Going on a trip



Remember: Your feelings can change, and that's OK!

FEELINGS THERMOMETER



How big is your feeling right now? Colour or circle the number.

5 VERY BIG! I feel overwhelmed.

4 BIG! I need help.

3 MEDIUM! I feel uneasy.

2 SMALL! I'm OK.

1 CALM! I feel peaceful.



Remember: It's OK to ask for help when your feelings are big.

WHAT CAN I DO WHEN I HAVE BIG FEELINGS?

Try these helpful ideas:

TALK ABOUT IT



Talk to someone you trust.

TAKE DEEP BREATHS



Breathe in slowly and out slowly.

TAKE A BREAK



Have some quiet time or do something you enjoy.

MOVE YOUR BODY



Run, stretch or do something active.

WRITE OR DRAW IT OUT



Write or draw how you feel.



Remember: You can try different things to find what helps you best!



THINK ABOUT IT

Circle the feeling you had most this week.



What happened?



DRAW IT

Draw a time when you had a big feeling and what helped.



REMEMBER



All feelings are OK.



It's important to understand our feelings.



We can choose helpful ways to manage them.



You are not alone. We all have big feelings!



**Big feelings don't last forever.
They come, they go,
and you are stronger than you know!**



LEARN • GROW • THRIVE

Helping children and families build
a healthier, happier future.



Email: g@hhtrainingnetwork.com



Website: hhtrainingnetwork.com