

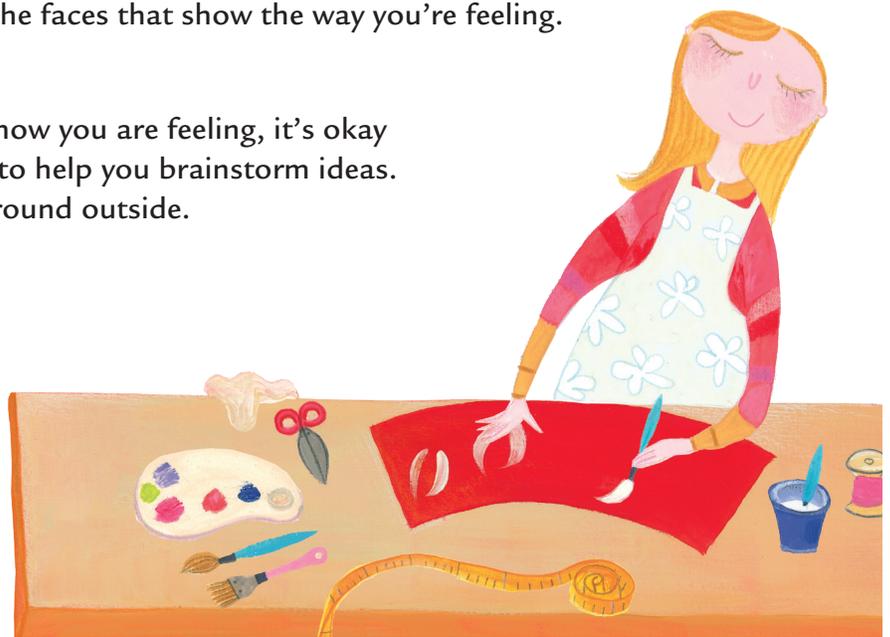
Kids' Guide to Managing Big Feelings

Written by Dr. Carolyn Rosinsky, MD, Child and Adolescent Psychiatrist



We all have feelings, like excitement or frustration or sadness or anger. Sometimes they are little feelings, and sometimes they are big feelings. Big feelings don't last forever — they will change or pass after a while. Doing things to express your big feelings can help you handle them until they pass. It can be a good idea to talk to someone you trust about your feelings, but sometimes that's hard to do. Here are some more ways to share how you feel:

- **Draw a picture**
Maybe you feel orange and scribbly, or blue and smooth, or like a fierce monster with lots of teeth!
- **Act it out**
Pretend you're a character in a movie and act out how you feel.
- **Sing a song**
Make one up or pick a song you know that matches how you feel.
- **Tell a story**
Make up a story about someone else who feels the way you feel, like a friend who is feeling angry or confused or happy or excited.
- **Point to your feelings**
Make a poster of faces with different feelings, or print the one at the end of this guide. Then you can point to the faces that show the way you're feeling.
- **Ask for what you need**
If you need something because of how you are feeling, it's okay to ask for it or ask a trusted adult to help you brainstorm ideas. Maybe you need a hug or to run around outside.
- **Find a stuffie or puppet**
Tell your stuffie how you feel...
or maybe your stuffie can tell an adult how you feel!



Taking a Break from Big Feelings

Sometimes we feel grumpy, confused, sad, angry or embarrassed. It's normal to have these feelings . . . and it's also okay to feel like you need help handling them. If you need to take a break from big feelings, you can try some of these ideas:



- Smell a flower, favorite food, or scented soap
- Listen to music
- Watch a funny movie
- Touch something soft (or scratchy!)
- Make funny faces in the mirror
- Do a puzzle
- Go for a walk
- Ride a bike
- Tell jokes with someone
- Ask for a hug
- Play with a pet

Draw a way you would like to try to take a break from a big feeling sometime.
Choose from the list above or add your own idea!

How Do You Feel?



sad



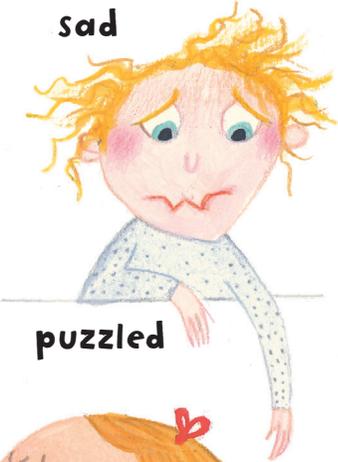
bored



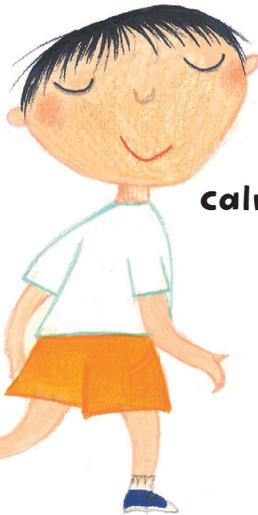
impatient



embarrassed



puzzled



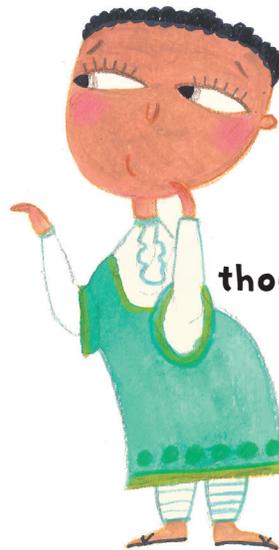
calm



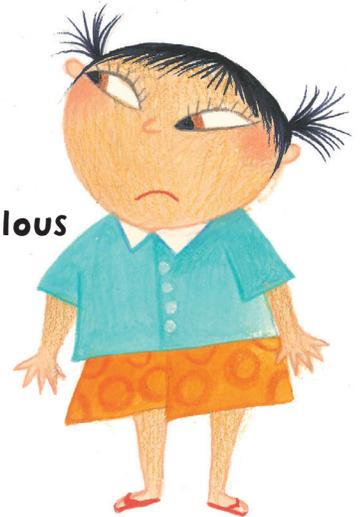
angry



offended



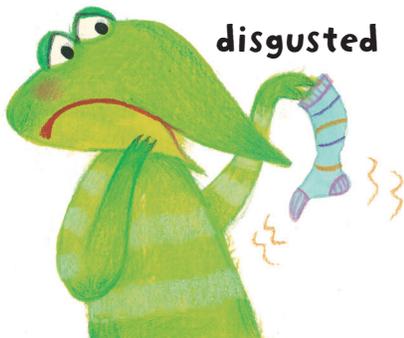
thoughtful



jealous



curious



disgusted



annoyed

How Do You Feel?

