

Learning to Calm Our Big Feelings

Name: _____ Date: _____

Part 1: Understanding Big Feelings

1 - What are "big feelings"?

2 - Circle the feelings that can feel BIG sometimes:

happy excited angry frustrated sad worried calm disappointed

3 - Why is it important to learn how to calm big feelings?

Part 2: My Body Clues

When we have big feelings, our bodies give us clues.

When I feel angry, my body feels like:

- tight fists
- fast heartbeat
- hot face
- other: _____

When I feel worried, my body feels like:

- butterflies in my stomach
- shaky hands
- quiet voice
- other: _____

Draw yourself showing a body clue when you have a big feeling:
(Use the space below)

Part 3: Calm-Down Tools

Match each strategy to what it helps you do.

- A. Take 5 deep breaths
- B. Count slowly to 10
- C. Ask for help
- D. Take a short break

- ___ Helps my body slow down
- ___ Helps my brain think clearly
- ___ Helps me solve a problem
- ___ Helps me reset and try again

Part 4: Create Your Calm Plan

When I feel _____, I will:

Who can help me if I need support?

Part 5: Reflection

Think about a time you had a big feeling.

What happened?

What calm-down strategy could you use next time?

 Remember:

Big feelings are normal.

We can learn to calm our bodies and make safe, smart choices!