

# Six Ways to Manage Big Feelings

All feelings are OK!

**"I can do  
hard things."**

Think of a kind  
thing to say to yourself



Practice mindfulness



Draw or write  
about your feelings



Talk to someone  
about what you're feeling



Take deep breaths



Stretch it out

# You can do it!

## More Kind Things to Say

- “I’m doing the best I can.”
- “It’s OK to feel this way.”
- “Life has ups and downs, I can take on challenges.”
- “Perhaps I can find ways to turn this day around.”

## Draw or Write

- How would you use color to describe what you’re feeling?
- Write/draw how you feel on paper and rip it up.
- Can you make up a story about how you feel?
- Just let it out on paper any way that feels good to you.

## Take Deep Breaths

- Deep breaths are important to keep our bodies calm.
- Imagine you have a fresh batch of cookies, hot out of the oven.
- Take a deep breath in to smell them, and then out... to cool them off.

## Practice Mindfulness

Take a breath and notice:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Pay attention to how you feel before and after.

## Talk to Someone

- Share your feelings with a close friend or trusted adult.
- Talking to someone can help you feel understood and supported.
- Try this: “Hi, can I talk to you about something important?”

## Stretch It Out

- There are many stretches. Have you tried a starfish stretch?
- Stand wide with your legs, extend your arms as open as you can, look up to the sky and take a big breath.
- What other stretches do you know?