

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?