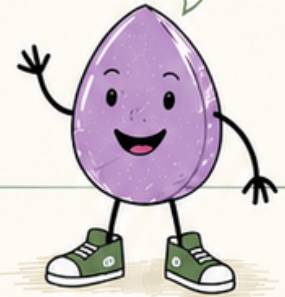


Big Feelings Toolkit

Big feelings are okay.
We just need helpful ways to manage them.

Hi! I'm Alex!
I'm your
Amygdala.
Big feelings
happen to
everyone.



Let's Learn

Feelings like anger, worry, sadness or fear
can feel really big sometimes.

It's not bad to have big feelings –
they are your brain trying to tell you
something important.

The more we understand our feelings,
the better we can look after ourselves.



Big feelings might show up as:

-  A fast heart
-  Tight muscles
-  Upset tummy
-  Sweaty or shaky
-  Wanting to shout, cry or run away
-  Finding it hard to think clearly

What Am I Feeling?

Tick how you are feeling right now.

- ☐ Angry
- ☐ Worried
- ☐ Sad
- ☐ Scared
- ☐ Overwhelmed
- ☐ Something else _____

How strong is this feeling?

Colour a number.

- 1 2 3 4 5
- Small Medium Big Very Big Huge!

What Helps Me?

Circle the strategies that help you
when you have big feelings.



Deep
breaths



Listen to
music



Draw or be
creative



Move my
body



Talk to
someone



Read a
book



Drink
water



Take a
break



Something
else

My other ideas _____

My Calm Plan

When I start to feel big feelings,
I will try...

1. _____
2. _____
3. _____

I can also ask this person
for help:

I am going to remind myself:



This feeling will
pass. I can handle
hard things.

Reflection

Today I learned... _____

Something I can remember next time I
have big feelings... _____



Remember...



Big feelings are normal.



All feelings are allowed.



I can use strategies to help my brain and body.



I am not my feelings – I am so much more.

