

5 Steps to Managing Big Emotions

2.

Take 3 deep breaths
or count slowly
to 10.

1.

Remind myself that
it is never okay
to hurt others.

3.

Use my words to say
how I feel and what
I wish would happen.

4.

Ask for help
to solve the
problem.

5.

Take time to
calm down.



When I
feel
BIG
emotions,
I can...

Remember that
people are not for
hurting.

Use my words to say
how I feel.

Say what I wish
would happen.

Draw or write about
how I feel.

Ask for help to solve
the problem.

I FEEL...



lonely
disappointed
sad



silly
excited
hyper



frustrated
annoyed
angry



tired
sick
hungry



worried
anxious
scared



happy
calm
focused



shy
confused
embarrassed



brave
proud
hopeful

I CAN...

TAKE DEEP  BREATHS

TREAT MYSELF & OTHERS WITH  KINDNESS

CREATE ART  OR BUILD  SOMETHING.

USE POSITIVE  SELF-TALK

 ASK FOR HELP

 EXERCISE

FOCUS  ON THE GOOD

STRETCH OR  DO YOGA

BRAINSTORM  SOLUTIONS &  TRY AGAIN

GET A DRINK OF  WATER

 TAKE A BREAK

TALK  OR WRITE  ABOUT IT

I FEEL...



I CAN...



