

WHAT TO DO WITH HEAVY FEELINGS

- ✓ ALL feelings are OK to have!!
- ✓ Everybody has ALL Feelings!!

HAPPY	SAD	MAD	SCARED
			

The first step in helping kids with big feelings is letting them know you see and understand how they are feeling. *"I see you're really sad right now."* This can be tough because as parents you want to 'fix' things. Often just listening helps your child calm.

We learned one new way to feel better when we have heavy feelings like mad, sad, or scared. We learned:

Have your child teach you all the feelings he/she has learned, what that feeling looks like and sounds like. Ask your child to teach you their calming skill. Practicing it together shows your child that we all have heavy feelings and do things to calm and feel better.