

NAMING AND MANAGING **BIG** FEELINGS ACTIVITY



Sometimes our emotions can seem overwhelming, making us unsure how to manage them. We may even be unsure about *what* exactly we are feeling. This activity can support you in taking a moment to notice how these **BIG** feelings impact your body and to figure out what you might need in those overwhelming moments.

Using the lists below, practice identifying how your body feels when you experience a certain emotion. For example, "when I am sad, my body gets quiet." After identifying how you respond to the emotion, use the third list to practice how can communicate what you need from others. For example, "When I am sad, my body gets quiet and I need space from others"

When I am...

Sad	Confused
Angry	Lonely
Frustrated	Bored
Hurt	Annoyed
Happy	Tired
Nervous	Excited
(Add your own)	

My body...

Feels hot	Gets chills
Has a fast heartbeat	Cries
Smiles	Laughs
Shakes	Stomps
Feels tingly or electric	Yells
Has a warm face	Gets quiet
(Add your own)	Has many thoughts

I Need...

Space from others	Deep breaths
Food/drink	Exercise
A hug	To draw or write
To talk it out	To take a shower/bath
To rest or sleep	To hit a pillow
To listen to music	To shake out my body/dance
(Add your own)	