

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 you 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 feel...

| | |
|----------------|----------|
| 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) | |

When I feel...

angry

sad

nervous



When I feel...

I can...

ask to take space

draw a picture

take 5 deep breaths

I can...