

# How to recognise and respond to big feelings



Tummy aches and headaches



Crying and irritability



Trouble sleeping, nightmares, or night terrors



Sweaty hands



Changes in eating habits



Shortness of breath



Clinginess, seeking attention



Worrying about family members



Repeated, frequent questions



Fighting, arguing, or breaking things



Avoiding certain behaviours or conversations

## Help children name and validate their feelings

It sounds like you might be feeling scared.



It's ok to feel scared. I also feel scared sometimes.

## Comfort and speak soothingly

This feeling will pass.



We are here and we will take care of you.

## Help children manage their big feeling

Let's dance to get our wiggles out!



Let's belly-breathe to help us feel better.

## Reduce big feelings in the future

Limit exposure to news and social media.

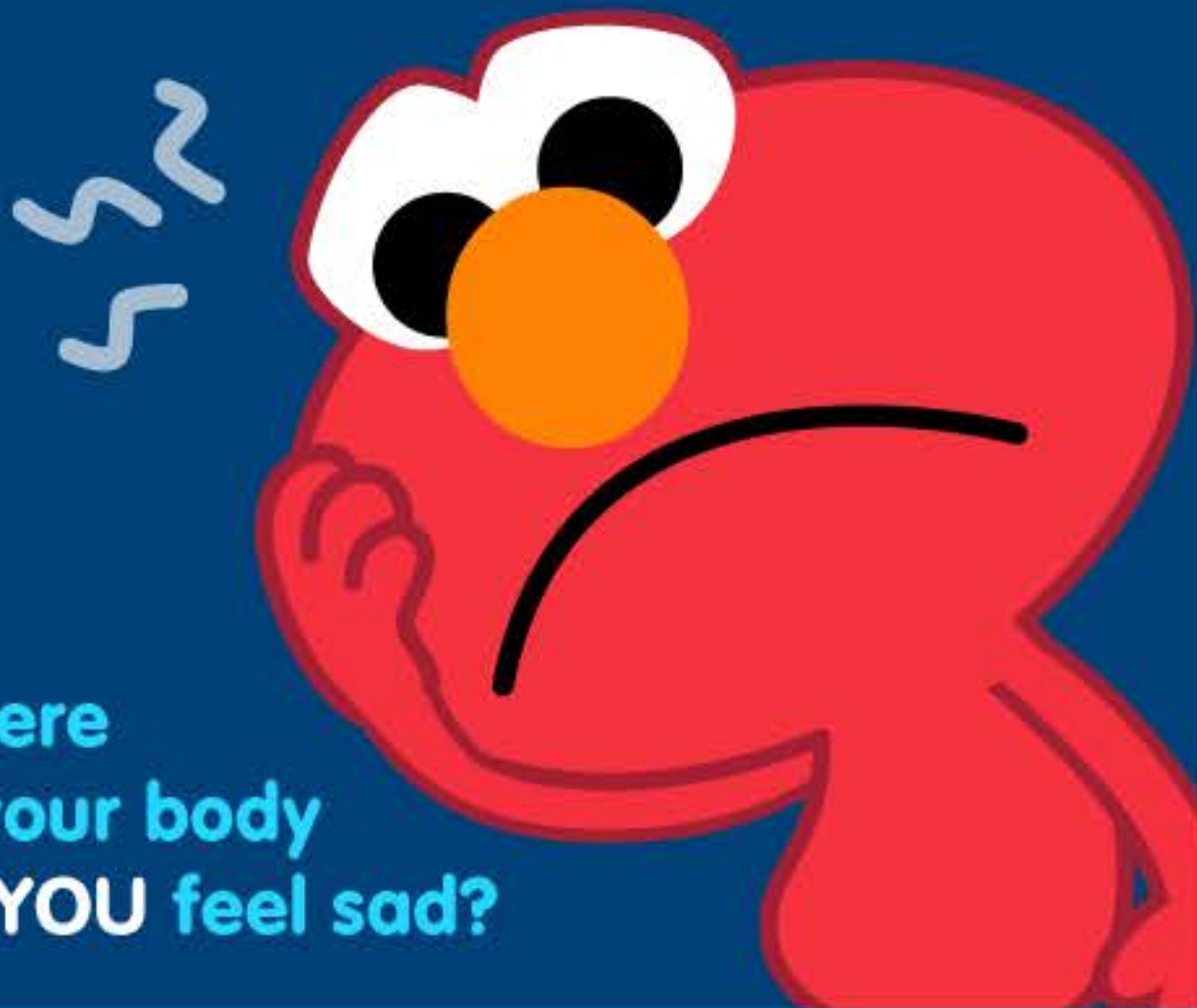


Provide positive information about what is causing the big feeling.



# Where do **YOU** feel **BIG FEELINGS?**

Elmo's head hurts when he feels sad, like when he misses his Grandpa.



Where  
in your body  
do **YOU** feel sad?

Elmo's hands get sweaty when he feels nervous, like when he tries something for the first time!



Where  
in your body  
do **YOU** feel  
nervous?

Elmo feels like there are butterflies in his tummy when he feels scared, like when he has to sleep in a dark room.



Where in your  
body do **YOU** feel  
scared?

It is ok to feel big feelings!



Point to where the feeling  
is in **YOUR** body.