

Sometimes, I have big feelings.

Feelings can show up when things happen in my life.

Emotions give me information.

When I feel happy, it can mean I liked something.

When I feel sad, angry, or disappointed, it can mean something did not go the way I wanted.

All feelings are okay.

There is nothing wrong with having any feeling.

Everyone has feelings.

People can feel differently about the same situation, and that is okay too.

I cannot always control what I feel, but I can choose what I do with my feelings.

How I act matters.

Sometimes emotions feel very big at first.

How I feel right now is not how I will feel forever.

Feelings change over time.

What happened:

I played a soccer game.

My team lost.

I felt very upset. I wanted to scream and yell and hit I was so upset. But how I act matters.

In the moment, I took a deep breath and shook hands with the other team.

That was a respectful way to act, even though I felt angry and disappointed.

At home, I was still upset.

I found safe ways to let my feelings out.

I yelled into a pillow.

I jumped off my pillow fort over and over.

These were safe choices that helped my body and brain feel a little better.

The next day, it did not feel like such a big deal anymore.

My feelings changed.