

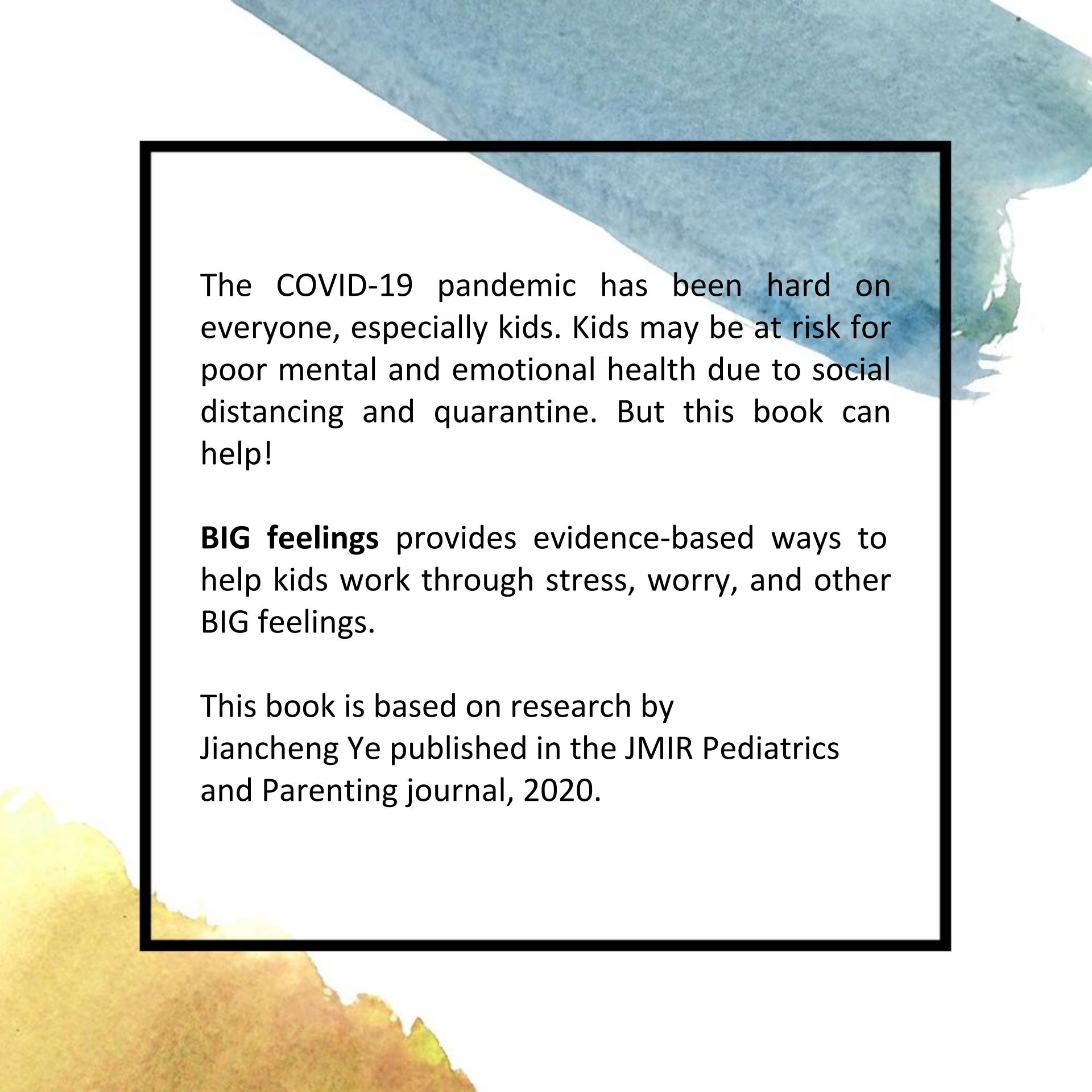


# **BIG** **feelings**

and what to do with them

**Caitlyn Harris . Claire Swanston**





The COVID-19 pandemic has been hard on everyone, especially kids. Kids may be at risk for poor mental and emotional health due to social distancing and quarantine. But this book can help!

**BIG feelings** provides evidence-based ways to help kids work through stress, worry, and other BIG feelings.

This book is based on research by Jiancheng Ye published in the JMIR Pediatrics and Parenting journal, 2020.



**sometimes  
we have  
big  
feelings**



**So, what do  
we do with  
them?**





An aerial photograph of a coastline. On the left, there is a dark, textured area representing dense vegetation or a forest. To the right of this is a wide, white sandy beach. Further to the right is the ocean, which has a light turquoise or pale blue color, indicating shallow water. The text "You can..." is overlaid on the white beach area.

**You  
can...**





**Sing  
your  
favourite  
song**





what song  
do you want  
to sing?



**eat  
lots of  
fruit and  
veggies**





**So you  
feel  
strong!**







**smell  
your  
favourite  
smells**



what smells  
do you  
like?





**move  
your  
body!**



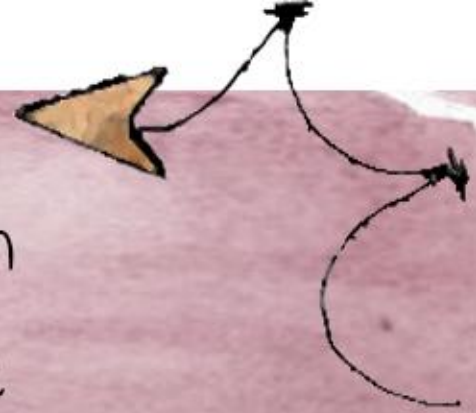




wiggle



run in  
place



spin

**choose one  
movement  
we can do  
together!**



jump



jumping jacks

clap



stand on  
one foot

**say your  
feelings  
out loud**





calm



nervous



scared

**how are you  
feeling  
right now?**



sad



angry



gloomy



confused




happy

A black and white photograph of a beach at night. The image shows waves crashing onto a sandy shore, with white foam visible in the foreground. The sky is dark, and the overall scene is dimly lit, emphasizing the textures of the water and sand.

get a  
good  
night's  
sleep





So you  
have lots  
of energy!





**and remember  
even when you  
have**

**BIG**

**feelings...**





You are  
**NOT**  
alone



# HOW CAN GROWN-UPS SUPPORT KIDS' MENTAL AND BEHAVIORAL HEALTH DURING COVID-19?

(...and other stressful situations)

**YOU**

are the frontline to protecting children's wellbeing.

By encouraging

**OPEN COMMUNICATION**

you will be able to identify mental and physical health problems.



## KNOW HOW TO RECOGNIZE STRESS SYMPTOMS IN CHILDREN:

It's normal for children to display mild stress symptoms:

- Increased crying
- Clinginess
- Nervousness & shyness
- Fixating on negative news
- Irritability, tantrums, & disobedience
- Reduced attention span
- Unwillingness to communicate
- Poor appetite
- Insomnia
- Nightmares
- Being worried, frightened & anxious

**BE MINDFUL**

of your own stress levels

tension, stress and anxiety can be transmitted to children



**SEEK MEDICAL ATTENTION**

if you are worried about a child's stress symptoms, or if they last for >2 weeks



## 5 EVIDENCE-BASED INTERVENTIONS TO TRY AT HOME:



### Music therapy

- Listen to calming music



### Chromotherapy

- Look at different colors of light to balance energy and emotions



### Aromatherapy

- Smell essential oils



### Emotion focused therapy

- Teach children to be aware of their emotions



### Bibliotherapy

- Tell stories or read books with healing messages

## HOW DO I TALK TO CHILDREN ABOUT COVID-19?

- If a child is upset, be patient and accepting of their emotions
- For children showing curiosity, provide them with unbiased, scientific information.
- Encourage talking with friends and family through social media

## MAINTAIN A CONSISTENT DAILY ROUTINE

- ☒ 3 nutritious meals a day
- ☒ A regular sleep schedule
- ☒ Adequate physical activity
- ☒ A balance of rest and play
- ☒ Entertaining activities, such as crafts, reading, and games



Visit your local health authority website for more information about helping kids cope with COVID-19







**THE  
END**