

HOW TO COMFORT YOURSELF (When You're having BIG Feelings!)

GRAB YOUR FAVORITE THING

Holding your favorite stuffie or toy can make you feel safe, and cozy.



ASK FOR A HUG

Hugs from someone you trust can make you feel loved and safe.



TURN ON A SOFT LIGHT

A soft light can make everything feel less scary and more friendly.



TELL YOURSELF SOMETHING GOOD

Saying "I am safe" or "I can be brave" can help you feel strong.

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LISTEN TO CALM MUSIC OR NATURE SOUNDS

Soft music or sounds from nature can help you feel calm.



DRAW OR COLOR

Drawing or coloring can help you focus on something nice.



IMAGINE YOU ARE SOMEWHERE ELSE

Thinking about a safe or happy place can help you feel calm.



READ A FAVORITE STORY OR BOOK

Reading can distract your brain in a good way.

WHAT CAN I SAY?

I'm having BIG Feelings!

SAD

"I feel like I might start crying."



ANGRY

"I feel like I might start yelling."



SCARED

"I feel like my heart is beating fast!"



JITTERY

"I feel like my body can't stay still."



ANXIOUS

"I feel like something bad is going to happen."



SUSPICIOUS

"I feel like I can't trust what is going on."



CONFUSED

"I feel like I don't know what to do."



HAPPY

"I feel like I want to celebrate!"



BIG FEELING WORDS

More words for the same feeling

I FEEL...

sad
bad
upset



I FEEL...

angry
mad
grumpy



I FEEL...

scared
afraid
spooked



I FEEL...

jittery
shaky
jumpy



I FEEL...

anxious
nervous
stressed



I FEEL...

suspicious
worried
unsure



I FEEL...

confused
puzzled
stumped



I FEEL...

happy
glad
joyful

