

Dealing With Emotions for Children

Emotions are normal! Here are some ways to understand and handle them:

■ **Happy** Celebrate your happy moments and share them with others.

■ **Sad** It's okay to cry. Talk to someone you trust.

■ **Angry** Take deep breaths, count to 10, or squeeze a pillow.

■ **Scared** Find a safe place and talk about what scares you.

■ **Confused** Ask questions or talk it out with a grown-up.

■ **Excited** Jump, dance, or draw how you feel!

Coping Tools for Big Feelings:

- Take deep breaths
- Hug a stuffed animal
- Draw or color your feelings
- Talk to a friend or adult
- Go outside for fresh air
- Listen to calming music

Remember: All feelings are okay. You are not alone!