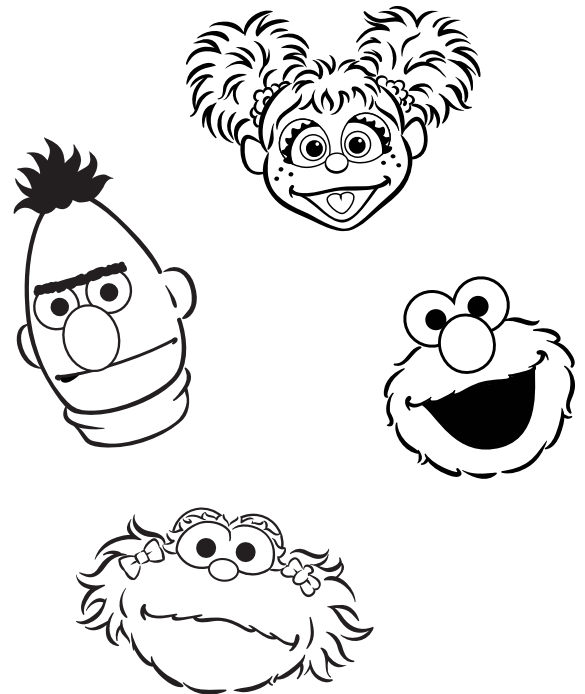


When I Have Big Feelings

At any time, you might feel confused, frustrated, mad, sad, guilty, embarrassed, or jealous. Those feelings are all okay, and they come and go. If things get difficult with your brother or sister, there are lots of different things you can do.

- » Put an X next to the things you have tried.
- » What new thing on this list might you try next time? Circle or underline it.

- _____ Take a deep breath.
- _____ Try to laugh about it (or remember it might be funny later).
- _____ Just let him/her be himself/herself.
- _____ Take a break.
- _____ Remember it's okay for me to feel big feelings.
- _____ Give my brother or sister some space.
- _____ Ask a grown-up to take me for a walk.
- _____ Go to my own room and just do my own thing.
- _____ Think about a real or pretend place where I can go to feel better when I'm upset.
- _____ Ask a grown-up for help.
- _____ Talk to a grown-up about how I'm feeling.
- _____ Remember we're all different.
- _____ Remind myself it's okay to not understand.



ON THE BACK OF THIS SHEET, DRAW A PICTURE OF A TIME WHEN THINGS FELT DIFFICULT.

Tell a grown-up about what you've drawn. What did you do to make the situation a little easier?