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?