





HANDLING FEELINGS CHART

Big emotions cause us to act and react to the people and situations around us in different ways. Help your kids recognize the feelings that are causing them to act a certain way, and talk them through the tools they have to handle those emotions.



HOW DO YOU FEEL?	HOW DO YOU ACT WHEN YOU FEEL THIS WAY?	WHAT CAN YOU DO ABOUT IT?
<p>ANGRY STRESSED</p> <p>IRRITATED</p> <p>JEALOUS FRIGHTENED</p> 	<p>Arguing</p> <p>Stomping</p> <p>Yelling</p> <p>Shutting Down</p> <p>Refusing</p>	<ul style="list-style-type: none"> • Pause and count to 10 • Stop, think, and decide what you want to do next • Take deep breaths • Move your body with exercise or by clenching and relaxing your muscles • Talk to an adult about what could be making you feel this way
<p>CONFUSED NERVOUS</p> <p>EMBARRASSED</p> <p>EXCITED OVERSTIMULATED</p> 	<p>Hyper Active</p> <p>Clingy</p> <p>Shutting Down</p> <p>Yelling</p> <p>Crying</p>	<ul style="list-style-type: none"> • Stop, think, and ask for help • Pause, take a deep breath, and try again • Remind yourself that you can do this by saying positive things about yourself out loud • Take a break to go for a walk outside or draw a picture about how you feel
<p>CONFIDENT HAPPY</p> <p>FOCUSED</p> <p>PROUD PEACEFUL</p> 	<p>Relaxed</p> <p>Engaged</p> <p>Paying Attention</p> <p>Smiling</p> <p>Conversational</p> <p>Having Fun</p>	<ul style="list-style-type: none"> • Help someone complete a task • Tell someone what you like about them • Play a game outside or exercise • Draw a picture of what makes you feel good or to show how you are feeling now
<p>SAD LONELY</p> <p>DISAPPOINTED</p> <p>TIRED BORED</p> 	<p>Not Engaged</p> <p>Slow</p> <p>Groggy</p> <p>Withdrawn</p> <p>Crying</p>	<ul style="list-style-type: none"> • Give a hug or ask for a hug • Stand up and stretch • Go outside and take big, deep breaths of fresh air • Listen to some music • Read or listen to your favorite story