

YOUR FREE READER'S COMPANION

The Big Feelings Printable Pack

A companion to The Big Feelings Workbook for Kids · by Maren Cole, M.Ed.

Thank you for picking up the workbook. This is the companion you print and keep where the big feelings actually happen, on the fridge, in the backpack, in the calm-down corner. Print it, and if you can, laminate the cards so they last.

Kids calm down faster when the tools are already in their hands, not buried in a book. Stick the feelings chart somewhere they can point to it, and keep the calm-down cards close. The goal isn't a perfectly calm child, it's a child who slowly learns what helps. - Maren

Feeling Words to Try

When a child can only say "good" or "bad," big feelings stay stuck. Help them trade up to a more exact word. Point to this list and ask, "Which one is closest?"

Happy	Calm	Sad	Scared	Angry
glad	safe	lonely	worried	mad
proud	relaxed	hurt	nervous	annoyed
excited	okay	down	shy	frustrated
cheerful	peaceful	gloomy	uneasy	grumpy
grateful	cozy	left out	jumpy	furious

It is okay to feel two at once, proud AND nervous, excited AND worried. That is normal.

Calm-Down Cards

Cut these out (or just point to them). When feelings get big, your child picks one and does it.

- Balloon Breaths - Breathe in and fill your belly like a balloon. Let it out slowly. Do it five times.
- Squeeze and Let Go - Squeeze your fists tight for five seconds, then let them flop loose. Repeat.
- Cold Water - Get a drink of cold water and take slow sips.
- 5-4-3-2-1 - Name 5 things you see, 4 you hear, 3 you can touch, 2 you smell, 1 you taste.
- Push the Wall - Press your hands hard against a wall and count to ten.
- Find My Spot - Go to the calm-down corner and stay until your body feels softer.
- Ask for Help - Say "I'm having a big feeling and I need help."

Breathing You Can Do Anywhere

1. Balloon breathing - Hand on belly. Breathe in so the belly rises like a balloon, then breathe out slowly so it sinks.
2. Square breathing - Breathe in for 4, hold for 4, out for 4, hold for 4. Trace a square in the air as you go.
3. Finger breathing - Trace up one finger as you breathe in, down the other side as you breathe out. Five fingers, five breaths.

My Daily Feelings Check-In

Print one per week. Each day, your child colors in or writes their "inside weather": sunny (calm/happy), cloudy (meh), rainy (sad), or stormy (angry/scared).

Day	Morning	After school	Bedtime
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

You don't have to fix every feeling. Naming it, and having a tool ready, is most of the work. Keep these pages close, use them often, and let your child see you use them too.

- Maren Cole, M.Ed.