



# Handling *big* EMOTIONS

It's important to check in with our emotions so we understand how we feel and how to handle how we feel. It's also important to talk with children about how they feel, and help them find actions that will help to handle their big feelings. Ask them:

How are you feeling?  
What can you do?



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Is your child meeting their milestones? Find your free developmental screening center at [screenforsuccess.org/regional-map/](https://screenforsuccess.org/regional-map/)!



## Angry

- I am mad!! I feel like I am about to explode.
- I can count 1 to 10, go for a walk, or talk to an adult.

## Frustrated

- I feel stressed because things are not going my way.
- I can take a few deep breaths, listen to calming music, or go outside.

## Worried

- Something is causing me to feel anxious.
- I can remind myself that all feelings are OK and ask for help.

## Sad

- I am not feeling happy and want to cry.
- I can cry! I can also remind myself what I like best about being me or go do something I love.

## Calm

- I feel calm and relaxed.
- I can take a few minutes to practice gratitude.

## Happy

- I am doing great!
- I am going to enjoy this feeling and share it with others.