

When I Have a Big Feeling

My Body May Be Telling Me Something



My heart may beat fast.



My tummy may feel funny.



My hands may feel tight or sweaty.



Noise or light may feel too much.



I may cry and not know why.

♥ That is okay. I can get help. ♥

Big feelings are real. Help is okay.

Why Big Feelings Happen

Understanding Three Different Things

Feelings make sense. You're not alone. ❤️

ALEXITHYMIA

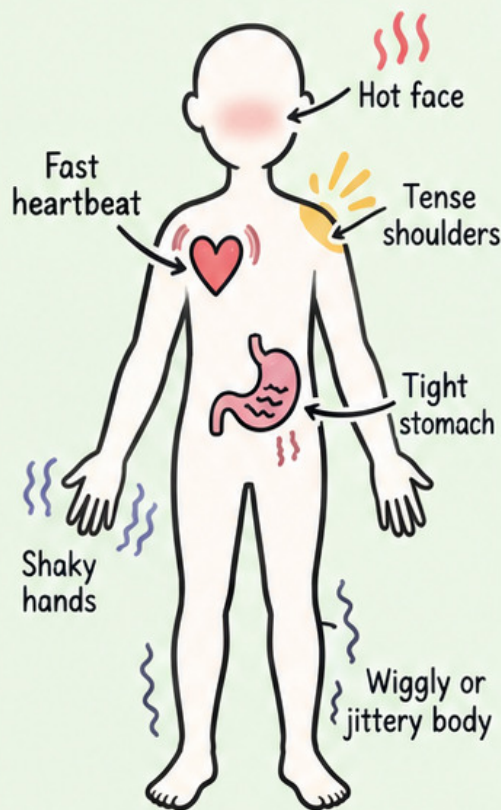
Big feelings, but it is hard to know what the feeling is called.



You might feel something big, but it can be hard to know if it's sadness, anger, overwhelm, or something else.

INTEROCEPTION DIFFERENCES

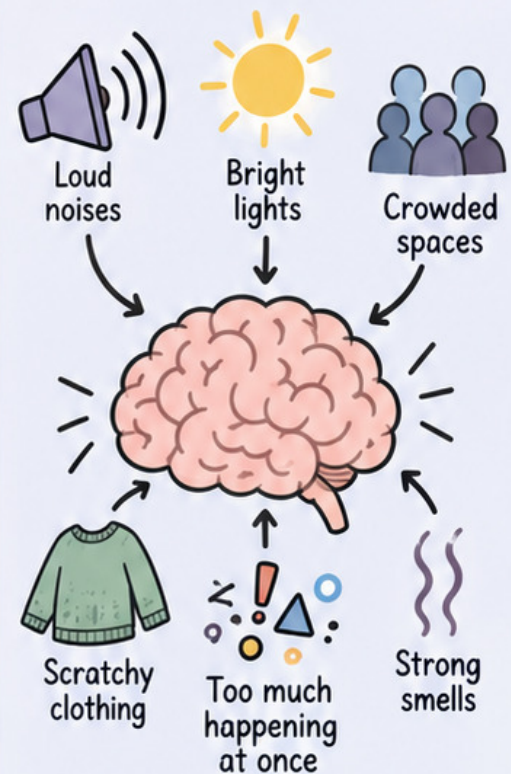
It can be hard to notice body clues that tell us stress is building.



Our body gives clues when we're stressed, but it can be hard to notice or understand these signals.

SENSORY OVERLOAD

Too much sensory input can quickly make the body and brain feel overwhelmed.



Our senses can take in more than our brain can handle, which can quickly lead to big feelings.

These can happen together, but they are not the same thing.

❤️
Different reasons. Real experiences. All valid.

It's okay
to feel
all the things.

How to Identify Emotions

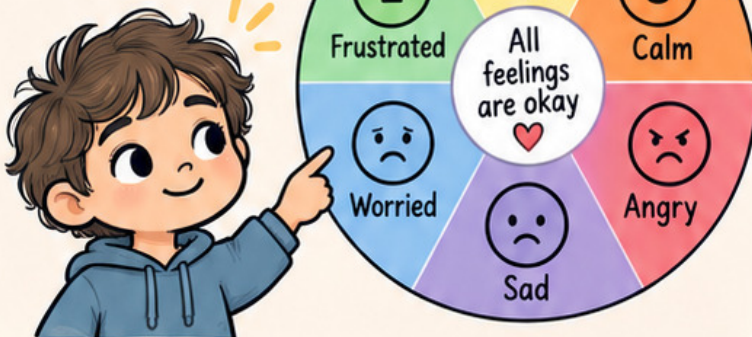
Helpful Visual Tools

All feelings
are valid.

You know
yourself best.

1 FEELINGS WHEEL

Point to the face or color
that feels closest
right now.



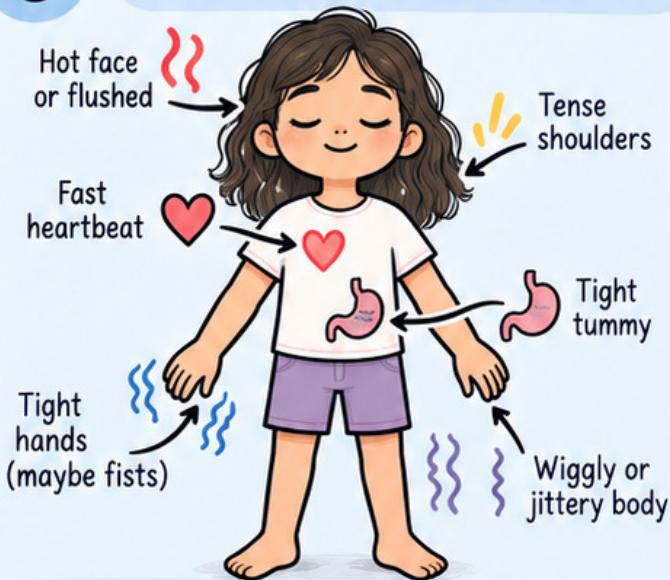
2 FEELINGS THERMOMETER



Notice how big
the feeling is,
not just the
name of the
feeling.



3 BODY CLUES CHART



Match body clues to possible feelings:
tight hands may mean angry or stressed;
a tight tummy may mean worried.

4 PAUSE AND NOTICE

A quiet moment can help you notice
what is changing before the feeling
gets too big.



1 **Pause**
Take a slow breath.

2 **Notice
body clues**
What do you feel
in your body?

3 **Pick a feeling
word or tool**
Use a feeling word,
or try something
that helps.

Use the tool that helps most. Sometimes a body clue comes first,
and the feeling word comes later.

Different reasons. Real experiences. All valid.

What I Can Do When Feelings Get Big

Things That Can Help Me Feel Calm



Put in my
ear plugs.



Wear my
tinted glasses.



Put on soft,
snug clothes.



Go somewhere
quiet.



Hug or squeeze
a pillow.



Use a fidget.



Rock or walk.



Stretch.



Take slow breaths.



Ask an adult for help.

♥ **Calm my body first. Talk later.** ♥

I can ask for help.

Strategies for Coping with Big Feelings

A Sensory Coping Toolbox

Calm first.
Talk later. ♥

COPING TOOLBOX

Helpful items can support the body and nervous system.



Keep favorite calming tools in one place so they are easy to find.

REDUCE SENSORY INPUT

Lowering sensory input can help the body feel safer and calmer.



Try a quiet, dim space with fewer sounds, lights, and demands.

DEEP PRESSURE & MOVEMENT

Some bodies calm down with pressure, movement, or rhythmic actions.



When the body is calm again, that is the time to talk about what happened.

Use supports early—before feelings get too big.

♥ Different strategies help different kids. Safety, comfort, and regulation come first.