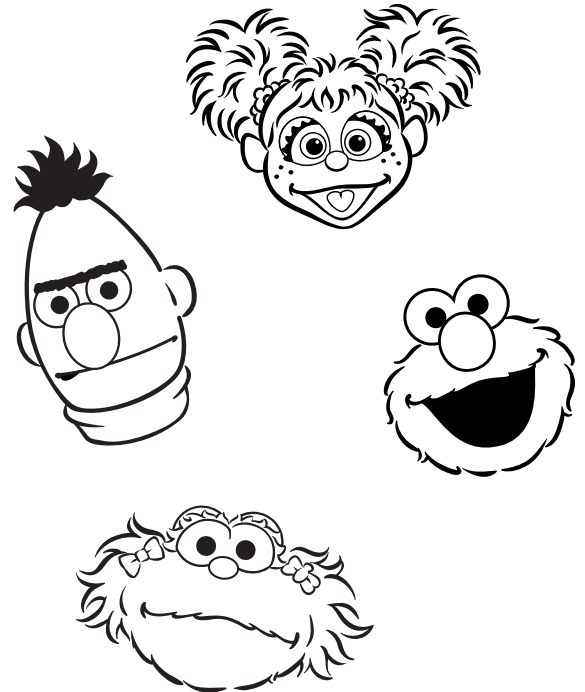


# When I Have Big Feelings

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?