



BIG FEELINGS TOOLKIT



A printable toolkit for children aged 3-7 and the grown-ups who love them.

Zoe & Pierre

Meet Zoe & Pierre



Hello. My name is Zoe. This is my best friend Pierre.

Sometimes I feel excited. Sometimes I feel worried. Sometimes I laugh so hard my tummy hurts. Sometimes I feel like crying.

Pierre reminds me of something very important: every feeling belongs. Feelings come. Feelings go. And tomorrow is always another pink chance.

Would you like to learn with us?

"You do not have to hide your feelings to be brave."

Feeling Faces **HAPPY**



I feel happy when I laugh, smile and my body feels light. Sometimes I want to dance.

Things that may help

Share it.

Smile.

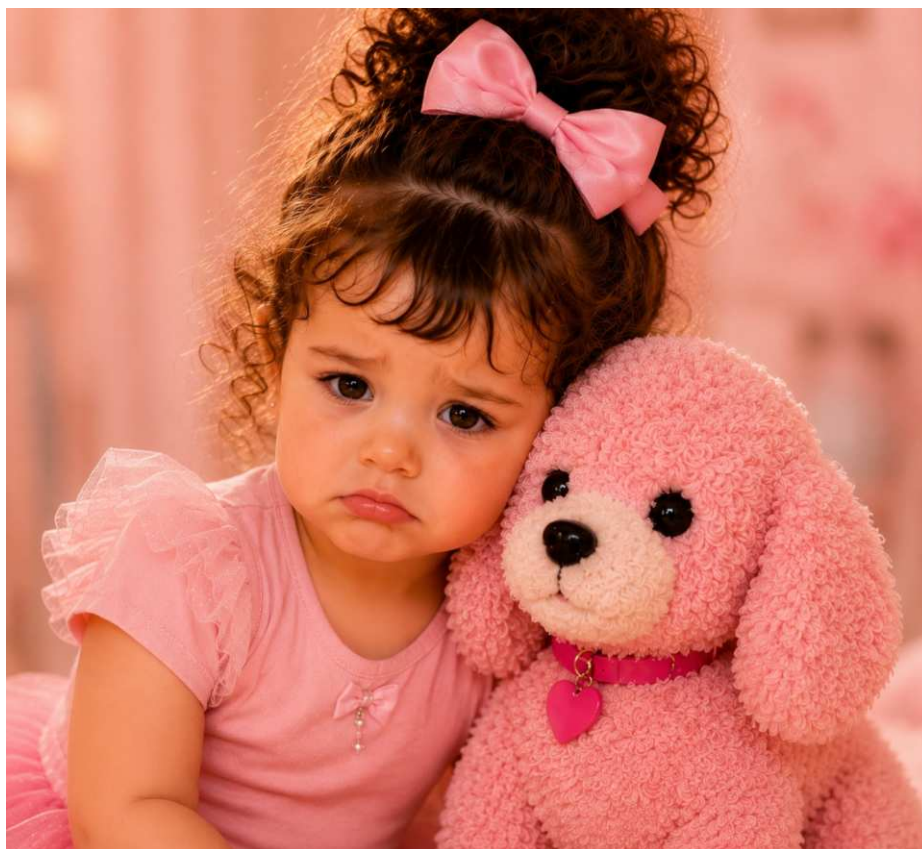
Tell someone.

Celebrate.

Pierre Says: Every feeling matters.

Feeling Faces

SAD



Sometimes I feel sad. My eyes might cry. I might want a cuddle. I might feel quiet. Being sad is okay. Sad feelings always change.

Things that may help

A cuddle

A story

Quiet time

Talking

Feeling Faces

ANGRY



Sometimes I feel cross. My body might feel hot. I might want to shout. I might stomp my feet. Being angry is not bad. What matters is what we choose to do next.

Things that may help

Take five deep breaths.

Stamp your feet safely.

Squeeze a pillow.

Ask for help.

Feeling Faces

EXCITED



Sometimes I feel bouncy. I want to move. I want to tell everyone. My tummy feels fizzy. Excitement is a wonderful feeling.

Things that may help

Smile.

Dance.

Clap.

Share your excitement.

Feeling Faces

EMBARRASSED



Sometimes I make mistakes. Sometimes I spill things. Sometimes everyone looks at me. That can feel embarrassing. Guess what? Everyone makes mistakes.

Things that may help

Take a breath.

Try again.

Say "Oops!"

Remember everyone learns.

Pierre Says: Mistakes help us learn.

Feeling Faces

SILLY



Sometimes being silly makes us laugh. Laughing helps our bodies feel happy. It is fun to be silly while still being kind.

Things that may help

Make a funny face.

Tell a gentle joke.

Dance around.

Laugh together.

Feeling Faces

TIRED



Sometimes my body feels slow. Sometimes my eyes feel heavy. Sometimes I need a rest. Rest helps my body grow.

Things that may help

Quiet stories

Soft music

A cuddle

Sleep

Parent Ideas



Ask...

Can you show me a happy face?

Which feeling do you feel today?

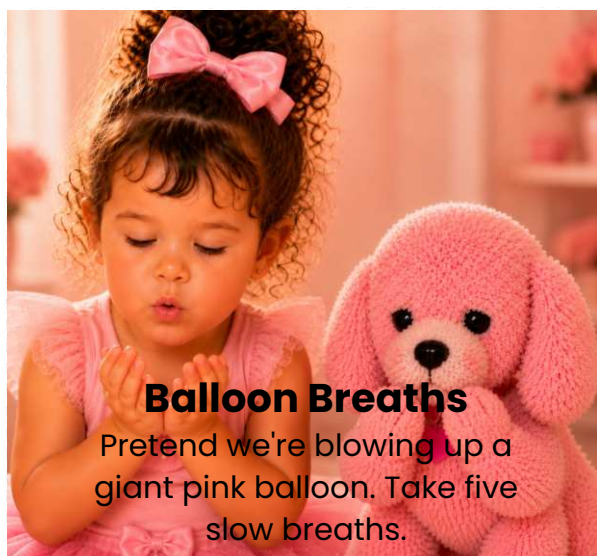
Can you remember a time you felt proud?

Have you ever felt worried?

Practice making the faces together.

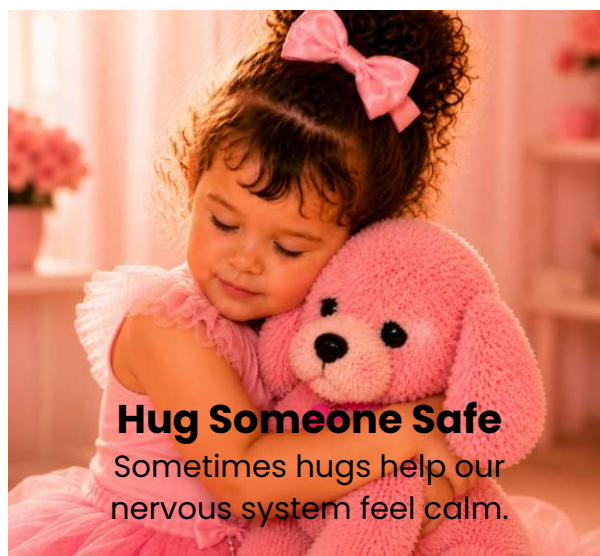


Calm Choice Cards



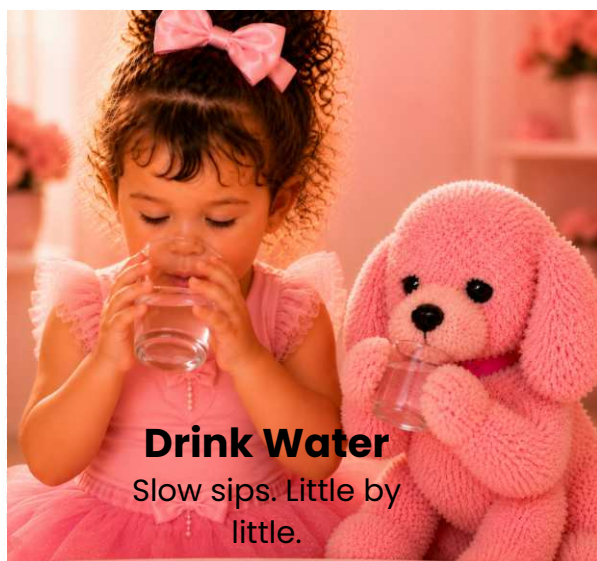
Balloon Breaths

Pretend we're blowing up a giant pink balloon. Take five slow breaths.



Hug Someone Safe

Sometimes hugs help our nervous system feel calm.



Drink Water

Slow sips. Little by little.

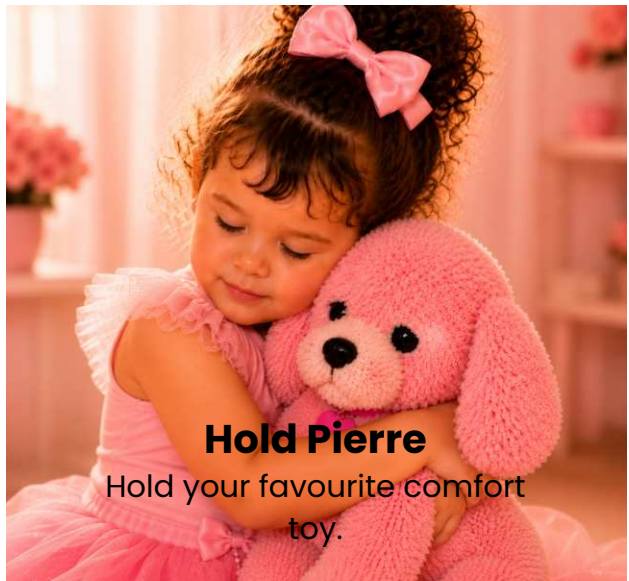


Quiet Corner

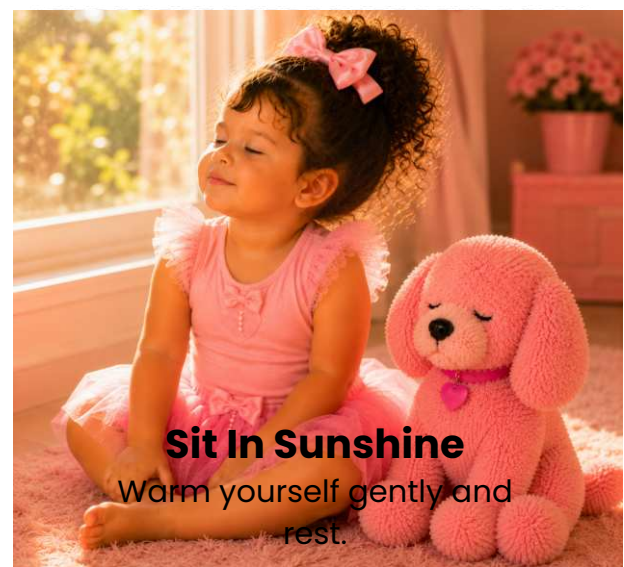
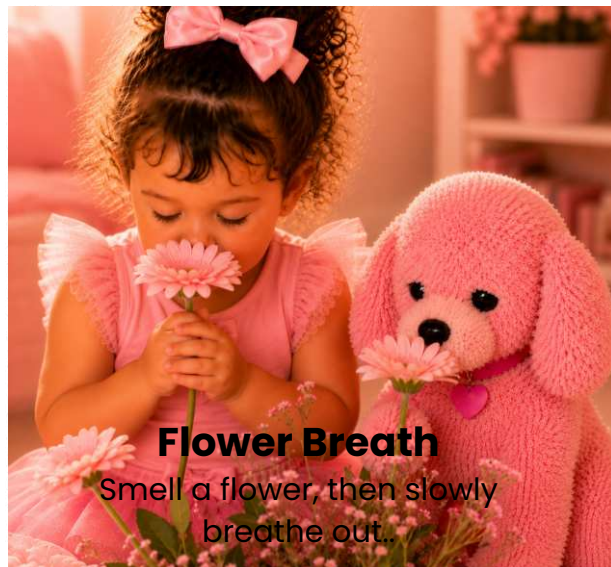
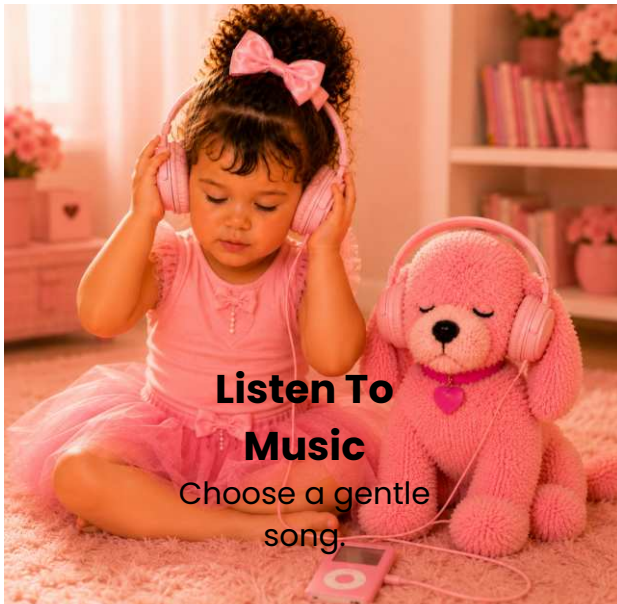
Sit somewhere peaceful for a few minutes.



More Calm Cards



More Calm Cards



Pierre Says...



Sometimes calm does not happen straight away.

That's okay.

You do not have to rush your feelings.

Your body will feel safe again.

One tiny breath at a time.

Small steps are still steps.

What Would Help Me?



A cuddle



Quiet



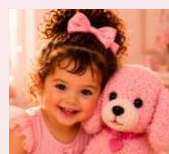
Music



Water



A story



My teddy



Breathing



Drawing



Stretching



A snack



A walk



Someone to sit with me



Children can point instead of talking.

Balloon Breathing



Breathe in...
Your balloon grows...
Breathe out...
Your balloon floats away...
Repeat five times.



Flower Breathing



Smell the flower...
Blow the petals gently...
Smell... Blow... Smell... Blow...



Rainbow Breathing



Trace each rainbow with your finger.
Breathe in as you go up.
Breathe out as you come down.
Repeat.



Certificate

I practised my feelings today

This certificate is proudly awarded to



Date: