

Big Feelings, Safe Hands



Everyone has big feelings sometimes.
It's okay to feel upset, angry or
frustrated. It's not okay to hurt
ourselves or others.

I can use safe hands.
I can choose calm.
I can feel better.

1. Safe hands colouring



These hands help keep everyone safe.
Colour them in and decorate with kind words.



3. What can I do instead?



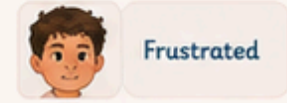
When I feel upset, I can try one of these.
Draw a line from each big feeling to a calm choice.

When I feel...

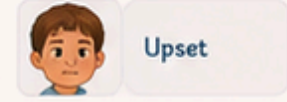
I can...



Angry



Frustrated



Upset

• Take 3 deep breaths

• Use my words

• Go to my calm spot

• Squeeze or hug something soft

• Count to 10 slowly

My calm plan

When I feel big feelings, I will try:

☆ _____

☆ _____

☆ _____

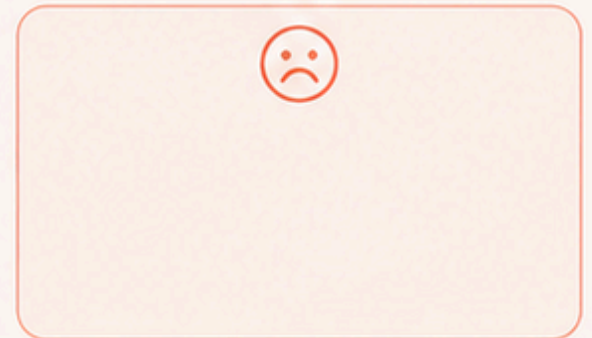
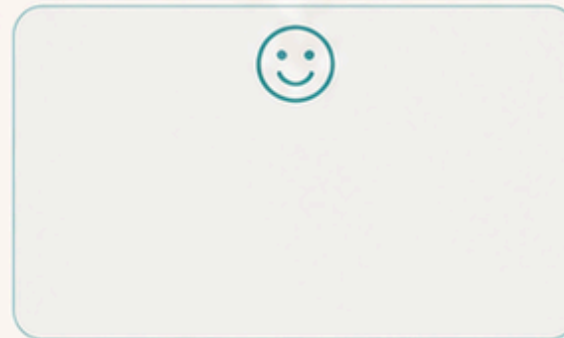


2. Calm choices sorting

Cut or circle the pictures. Sort them into the boxes.

Which choices help me stay calm?

Which choices are not safe?



4. Breathing buddies

Smell the flower... blow the candle out.
Do it a few times. It helps your body feel calm.



Breathe in
through your nose

Blow out
through your mouth



I can breathe. I can be calm. I am safe.



6. I did it!

I can use safe hands and kind choices.
Colour a star each time you try.



Every time
I try, I am
growing!



Big feelings are okay. Hurtful hands are not.
I can choose calm. I can choose kind.

