

The BIG, BIG FEELINGS ACTIVITY PACK

Everyone has emotions! But what are they? Emotions are strong feelings, like love or anger or fear, often accompanied by a physical reaction. So when someone is happy, they're usually smiling. A frown or crying could show that someone is sad.

How do we handle our emotions? The first step is to identify them. And then we can learn how to manage our emotions, and our physical responses, so that we're expressing our feelings in a healthy way.

What do you do with BIG feelings?

These activities can help you identify, understand, and use creative ways to work through those big emotions.

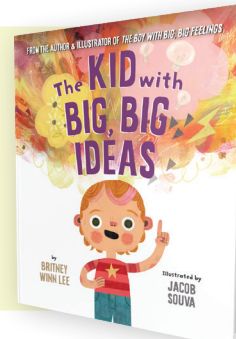
EXERCISES FROM *THE BIG, BIG FEELINGS ACTIVITY BOOK* Illustrated by Jacob Souva

Everyone has feelings. But BIG feelings like anger, sadness, jealousy, embarrassment, and fear can be hard to process. Finding different ways to work through each emotion can help—drawing, writing, exercising, singing, and even breathing techniques. This consumable activity book helps kids identify, regulate, and cope with big feelings.



ALSO AVAILABLE IN THE
BIG, BIG SERIES

By Britney Winn Lee
Illustrated by Jacob Souva



WORD SEARCH



Emotions

Frustrated

Mad

Sad

Angry

Happy

Scared

Excited

Nervous

Worried

Jealous

Anxiety

HOW WOULD YOU FEEL IF ...

Everyone experiences some things that make them feel embarrassed. What might feel embarrassing to you may be no big deal to someone else, or the other way around. Color the faces next to each situation based on how you would feel.

BONUS: Ask someone else how they would feel if it happened to them. Did they answer the same or differently than you?

Blue:

Not embarrassed.

PURPLE:

A little embarrassed.

PINK:

Very embarrassed.

- I forget to do my homework.



- I am speaking in front of the whole class.



- I do not do as well as I wanted on a test.



- I trip and fall down in gym class.



- I spill a drink on my shirt.



- I have a bad hair day.



- I make a loud noise, and everyone looks at me.



- I accidentally score a point for the wrong team.



**COLOR
ME**



EMOTIONS BINGO

Create your own bingo card by filling in each blank square below with an emotion. Using objects from home, like pennies or old buttons, mark off each emotion you feel during the day. At the end of the day, are you surprised by how many different emotions you marked?

Start the bingo card over each day to see how your feelings change from day to day. Or try leaving the markers in place and using a different marker each day of the week to see how your emotions change!
