

NAMING AND MANAGING BIG FEELINGS ACTIVITY



Sometimes our emotions can seem overwhelming, making us unsure how to manage them. We may even be unsure about *what* exactly we are feeling. This activity can support you in taking a moment to notice how these BIG feelings impact your body and to figure out what you might need in those overwhelming moments.

Using the lists below, practice identifying how your body feels when you experience a certain emotion. For example, "when I am sad, my body gets quiet." After identifying how you respond to the emotion, use the third list to practice how can you communicate what you need from others. For example, "When I am sad, my body gets quiet and I need space from others"

When I am...

Sad	Confused
Angry	Lonely
Frustrated	Bored
Hurt	Annoyed
Happy	Tired
Nervous	Excited
(Add your own)	

My body...

Feels hot	Gets chills
Has a fast heartbeat	Cries
Smiles	Laughs
Shakes	Stomps
Feels tingly or electric	Yells
Has a warm face	Gets quiet
(Add your own)	Has many thoughts

I Need...

Space from others	Deep breaths
Food/drink	Exercise
A hug	To draw or write
To talk it out	To take a shower/bath
To rest or sleep	To hit a pillow
To listen to music	To shake out my body/dance
(Add your own)	