

Big Feelings Little Hearts

A workbook for ages 3 to 7

Feelings can be little or big. Look at each page with a trusted grown-up. Point, draw, color, or say your answers. You can skip any activity and return later.

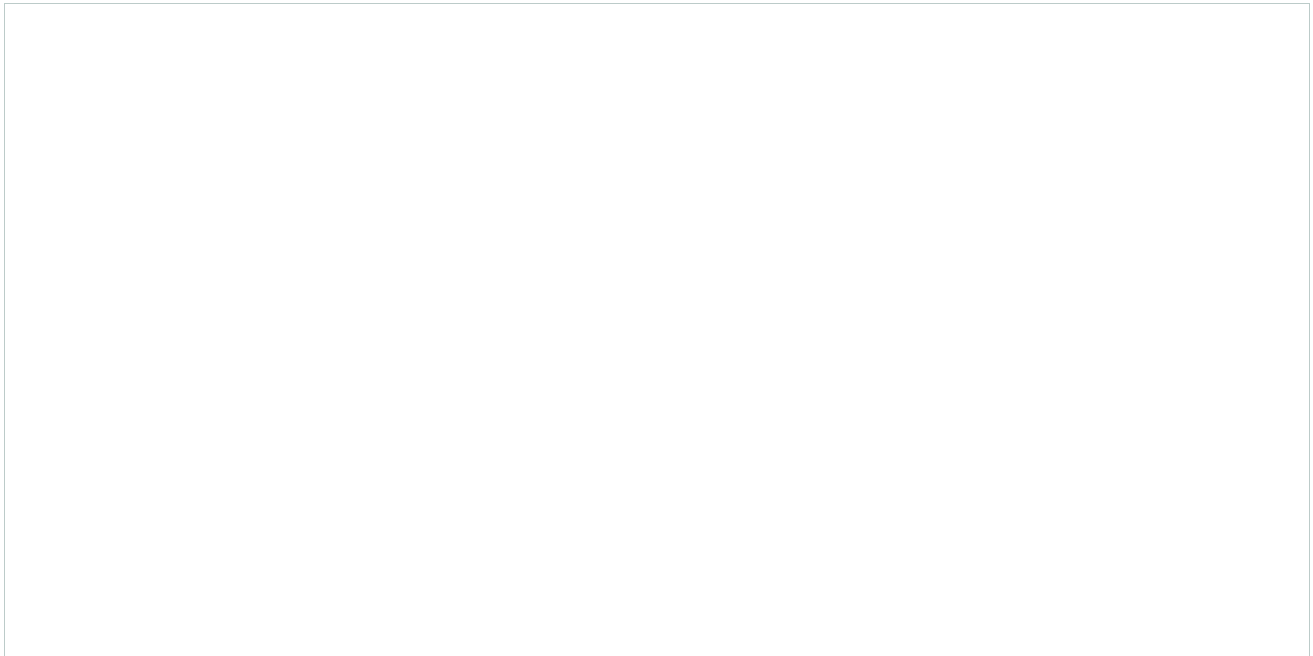
My name: _____

A grown-up I can ask for help: _____

Meet My Feelings

All feelings belong. What does your face do when you feel happy, sad, mad, scared, or calm?

Draw faces for two feelings today

A large, empty rectangular box with a thin black border, intended for drawing faces representing different feelings.

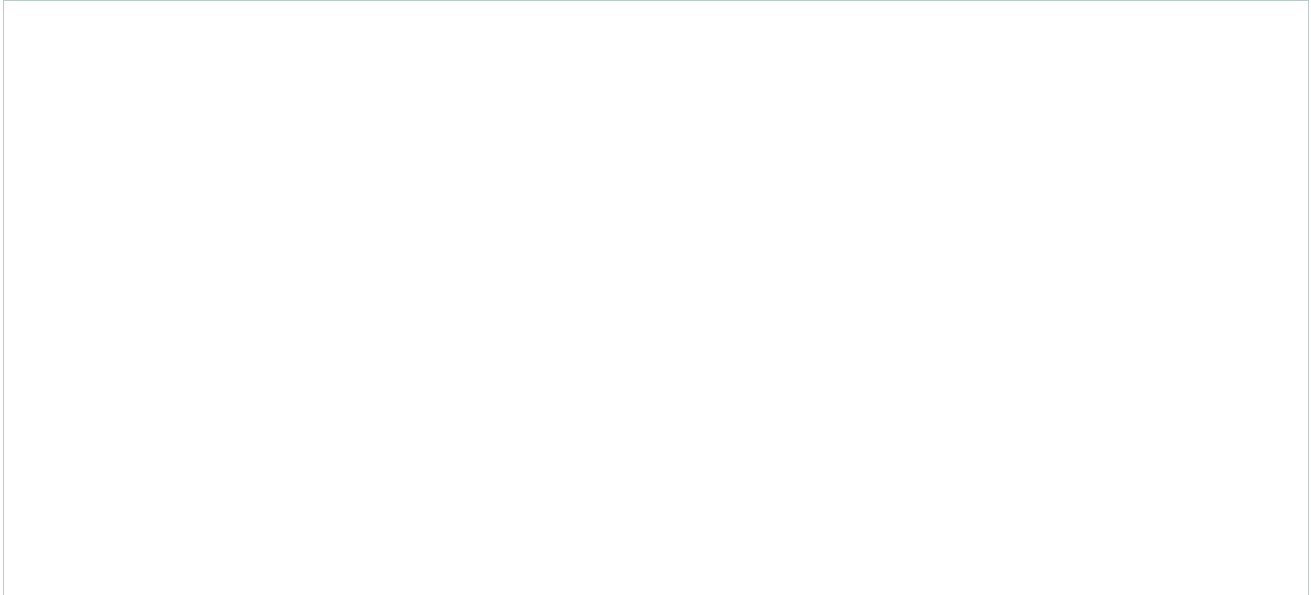
A feeling I can name

A horizontal line for writing a feeling.

When I Feel Happy

My face might smile. My body might want to move or share.

Draw a moment that makes you smile.

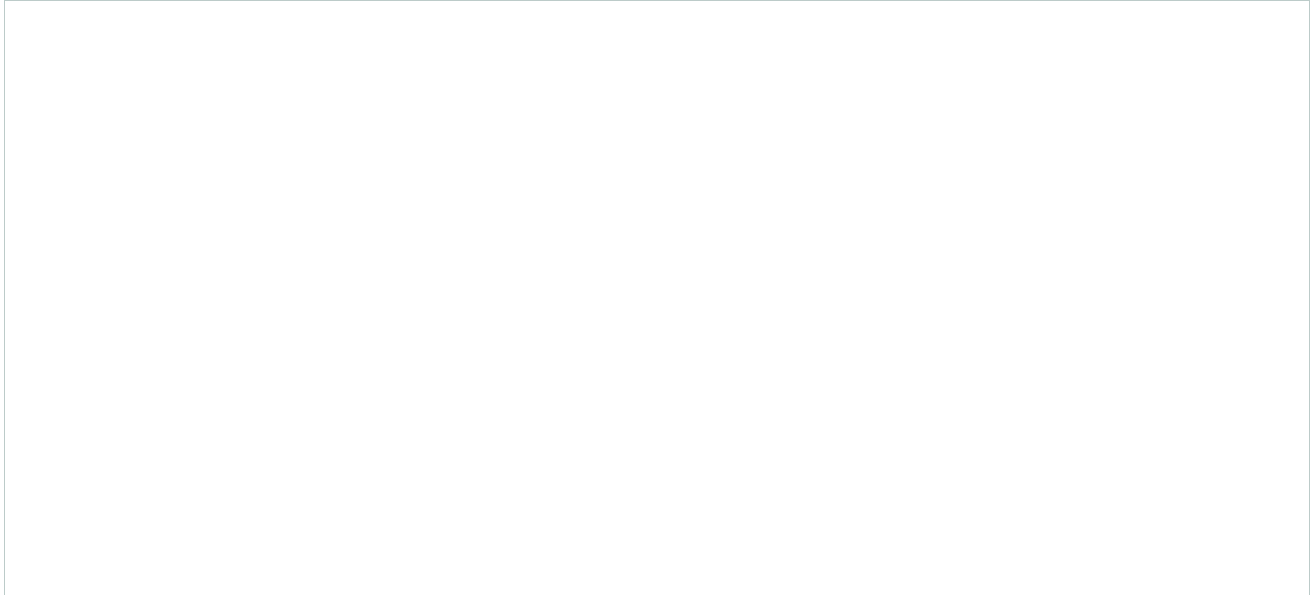


I can tell a grown-up

When I Feel Sad

My body might feel heavy. Tears can come, or I may want quiet.

Draw a comfort item or a person who can sit with you.

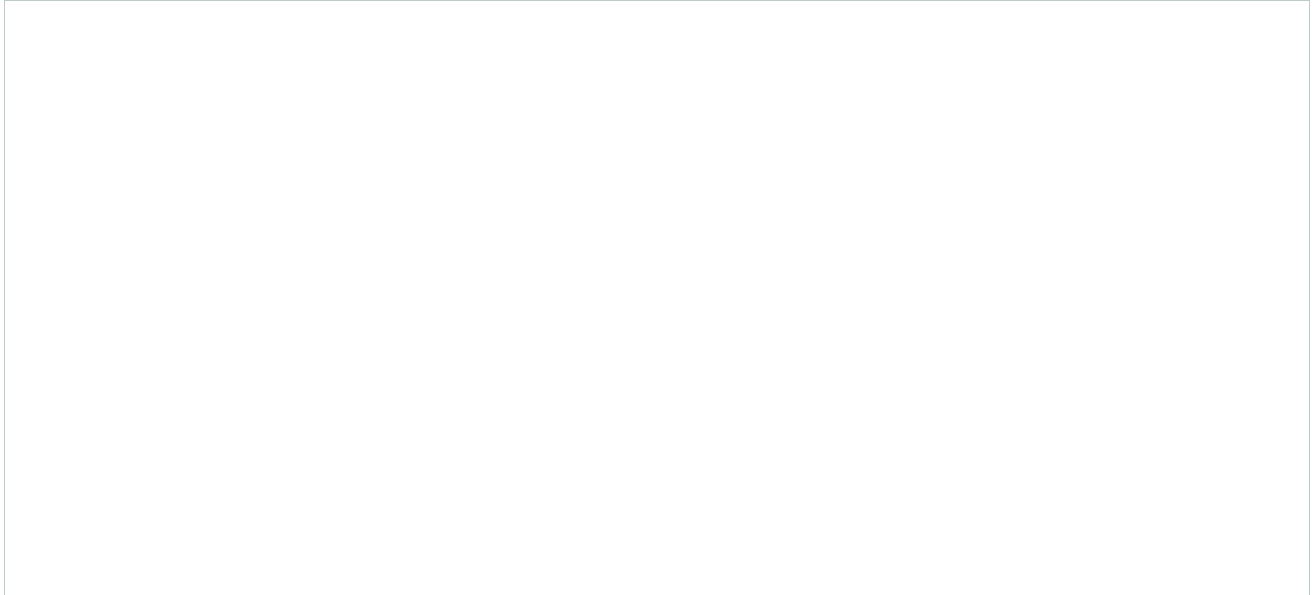


I can tell a grown-up

When I Feel Mad

My hands may squeeze and my face may feel hot. Feeling mad is okay.

Draw a safe way to move my body or ask for space.

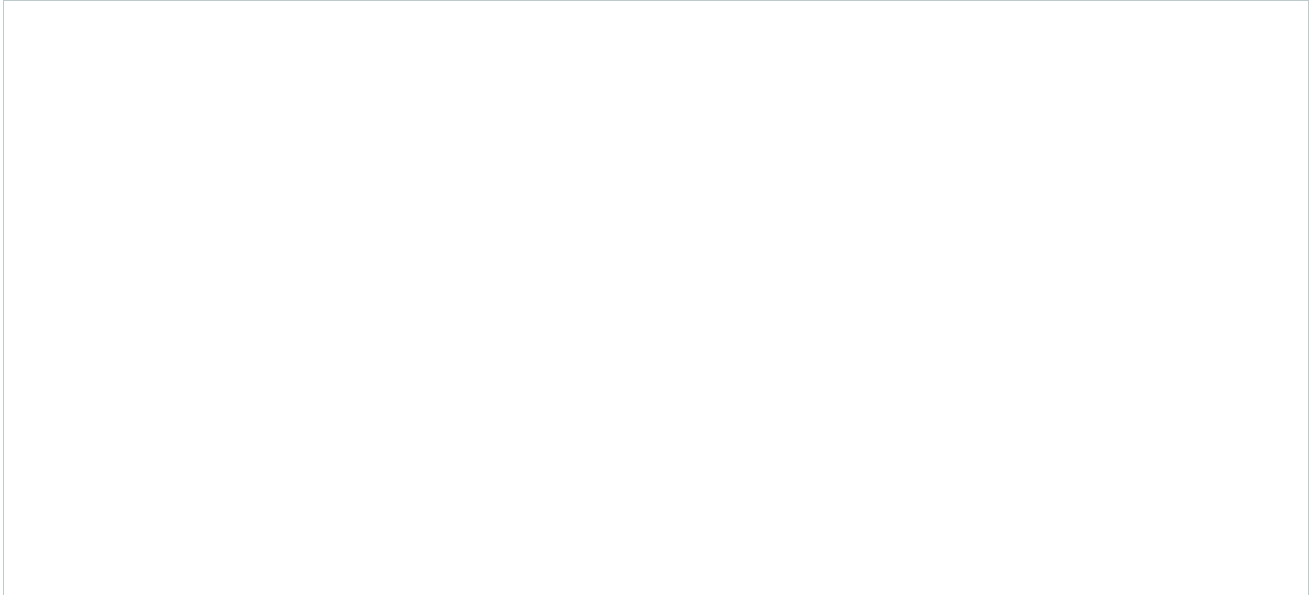
A large, empty rectangular box with a thin black border, intended for a child to draw a safe way to move their body or ask for space when they feel mad.

I can tell a grown-up

When I Feel Scared

My heart may beat quickly. I can find a grown-up I trust.

Draw a place or person that helps me feel safer.

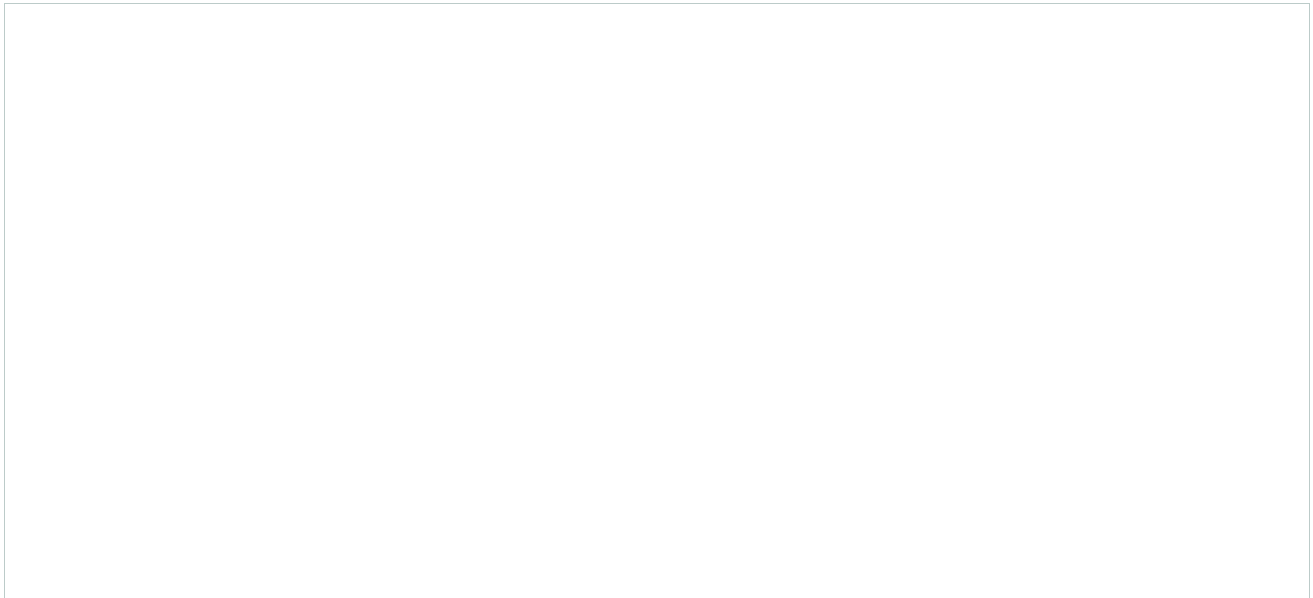
A large, empty rectangular box with a thin black border, intended for a child to draw a place or person that helps them feel safer.

I can tell a grown-up

When I Feel Worried

My thoughts may ask what if. I can tell someone my worry.

Draw my worry as a cloud and one thing that helps.

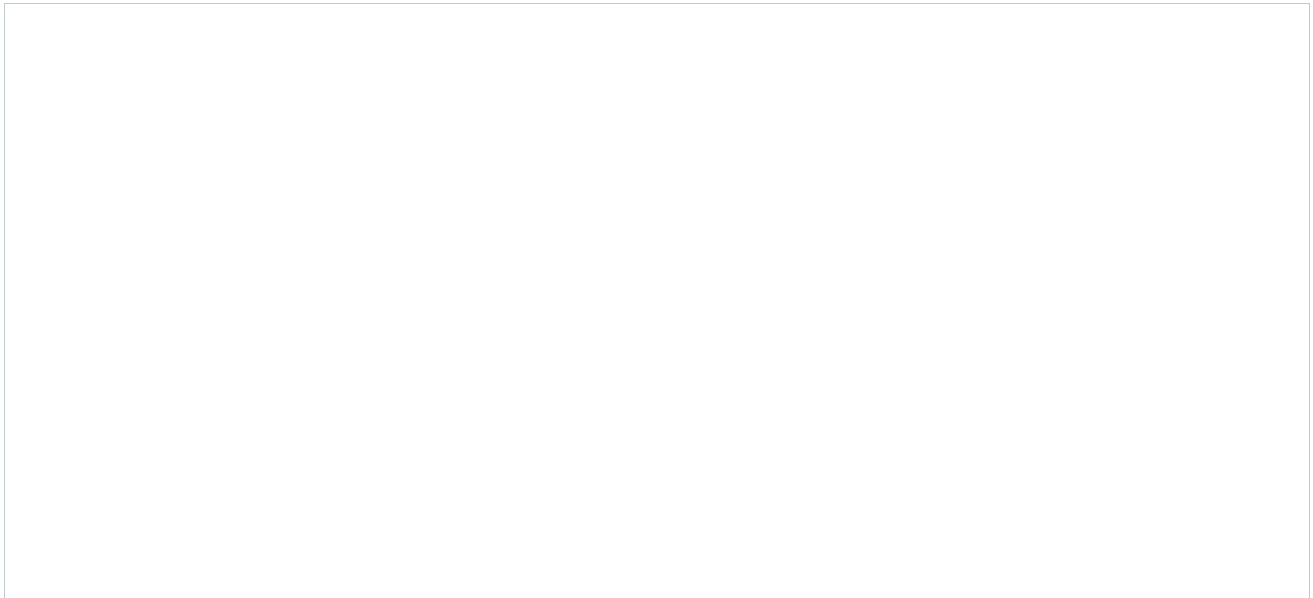
A large, empty rectangular box with a thin black border, intended for a child to draw their worry as a cloud and one thing that helps.

I can tell a grown-up

When I Feel Calm

My breath may slow and my shoulders may soften.

Draw one quiet thing I like to do.

A large, empty rectangular box with a thin black border, intended for a child to draw a quiet activity they like to do.

I can tell a grown-up

My Body Gives Clues

Point to or color where you notice feelings. There is no right place to feel them.

Draw your body and mark your heart, tummy, hands, and shoulders

A large, empty rectangular box with a thin black border, intended for a drawing of a human body. The box is positioned below the instruction text and occupies the upper half of the page.

Breathing With a Flower

Pretend to smell a flower slowly. Then gently blow a candle. Try it with a grown-up. Stop if it feels uncomfortable.

Draw a flower and a candle



After a gentle breath my body feels

Safe Hands Safe Choices

I can be mad and keep my hands and feet safe. I can ask for help, squeeze a pillow, draw, or take space with a grown-up.

Draw two safe choices I want to try

A large, empty rectangular box with a thin black border, intended for a child to draw two safe choices they want to try.

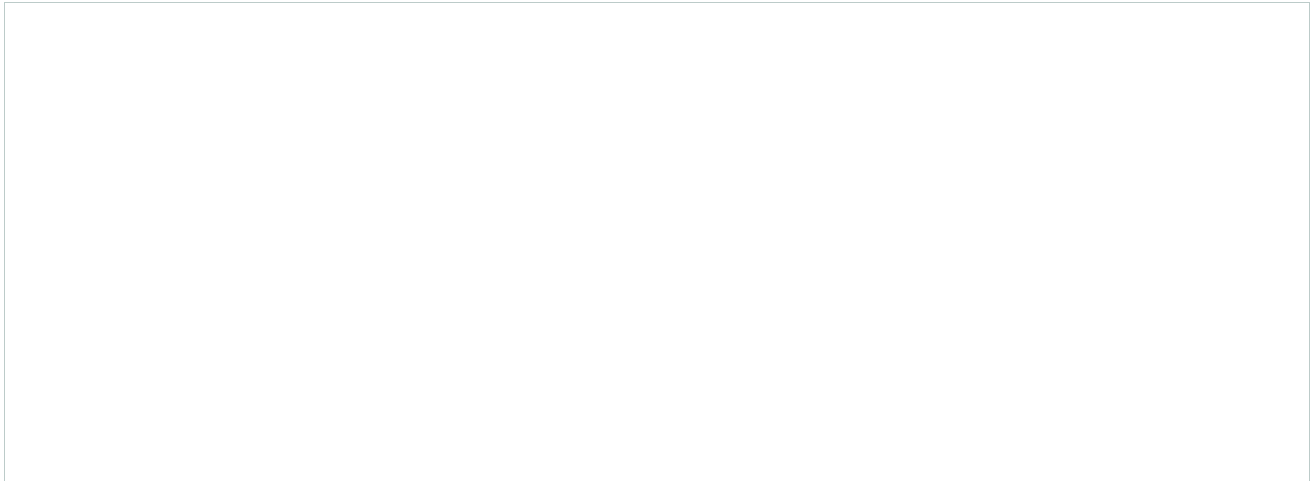
My Helping People

If something feels scary, confusing, or too big, I can tell a trusted grown-up. If the first person cannot help, I can tell another.

A grown-up I can talk to

Another grown-up I can talk to

Draw us together

A large, empty rectangular box with a thin black border, intended for a drawing. It occupies the lower half of the page.

My Big Feelings Plan

With a grown-up, practice: notice a feeling, name it, choose a safe action, and ask for help.

My feeling word

My safe choice

The person I can ask
