

The Big Feelings Guide Workbook

A workbook for ages 8 to 12

Feelings carry information, and body clues can help you notice them. Use these pages to explore what you feel, choose a safe next step, and identify adults who can support you. Write, sketch, or skip a prompt as needed.

My name: _____

A grown-up I can ask for help: _____



Feelings Are Information

A feeling is real, even when your first guess about what caused it may change. What happened, what did you feel, and what might you need?

One feeling I have noticed lately

What might that feeling be telling me?

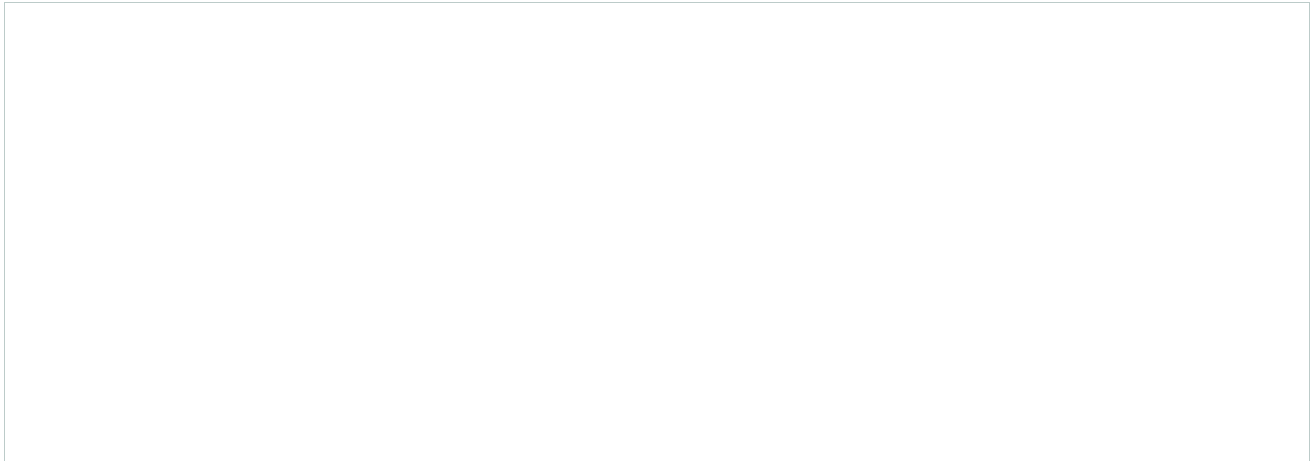


Name More Than One Feeling

Sometimes two feelings happen together. You might feel excited and nervous, or grateful and disappointed.

I feel both

Draw two colors or symbols for these feelings



My Body Clues

People notice feelings differently. Think about your heart, stomach, shoulders, hands, breath, and energy.

Sketch a body outline and label your clues

One early clue I want to notice



How Big Is This Feeling

Circle a number: 1 tiny 2 small 3 medium 4 big 5 very big. Numbers help you choose support; they are not a grade.

My feeling and number right now

What helps when I reach a 3?

Who will I tell when I reach a 4 or 5?



Untangle a Worry

Write one worry. Then separate what you know from what you are guessing. You do not have to solve everything at once.

I am worried that

What I know for sure

One small next step or person who can help



Anger Can Point to a Need

Anger may tell you something feels unfair, painful, or out of control. A safe pause can protect you and others.

A clue that anger is building

Two safe actions I could take

What I might say when I am ready to talk



Sadness and Missing Someone

Sadness can follow a loss, change, or disappointment. There is no required schedule for feeling better.

Draw a memory, comfort place, or symbol of support

Someone I could sit with or talk to



After Something Hard

You may feel jumpy, numb, upset, or have trouble sleeping after something scary. You do not need to write the details here. You deserve support and safety.

One sign I could use more support

An adult I could tell

A sentence I can use: I need help with



My Coping Menu

Choose tools that feel safe and possible: movement, music, art, quiet, a snack, water, breathing, or time with someone you trust.

Three things I can try on an ordinary day

One tool I can try at school or away from home



My Support Map

Write names of adults who listen and can help. If one is unavailable or does not help, tell another.

At home or in my family

At school or in my community

A third trusted person

How I can contact one of them



A Plan for a Big Feeling

Practice while you feel calm: notice the clue, name the feeling, rate it, choose a safe action, and tell someone when you need help.

My first body clue

My safest next step

What I can say to ask for help



A Note to Future Me

Feelings can change. You deserve care and respect through all of them. Write a kind reminder you can return to.

My note, drawing, or encouraging words

