

My Big Feelings Book Talk

Read a story about feelings. Then fill this out together!

The Book We Read

Title: _____

Author: _____

How did the character feel?

Circle one or more:

 Happy  Sad  Angry  Scared
 Tired  Confused  Calm

What happened?

Draw what made the character feel that way.

How do *you* feel sometimes?

Circle one:

    

When I feel this way, I can:

 What helped the character feel better?

- ☐ Took deep breaths
- ☐ Asked for help
- ☐ Took a break
- ☐ Used kind words
- ☐ Got a hug
- ☐ Other: _____

 What can I try next time I have big feelings?
(Check one or more)

- ☐ Take 5 deep breaths
- ☐ Hug a stuffed animal
- ☐ Talk to a grown-up
- ☐ Draw a picture
- ☐ Count to 10
- ☐ Sit quietly for a minute

 Draw Your Feeling

How do you feel today? Draw a face or picture:

 Remember:

All feelings are okay.

Learning how to talk about them helps us grow!