



BIG FEELINGS & BEING GENTLE WITH MYSELF AND OTHERS I



Life is very hard right now. Life is different than it was before. When things are hard and different, people have lots of feelings.

I might feel mad, sad, confused, or scared. Sometimes my feelings are big. Sometimes when I have big feelings, I hurt myself or hurt other people. When I have big feelings, it is important that I am gentle with myself and gentle with others.

If I am having big feelings, I can think of ways to help my big feelings and be gentle with myself and other people.

I can give myself big squeezes or ask someone else to give me big squeezes. This is a way to be gentle with myself and others when I have big feelings.

I can push my hands together or against someone else's hands. I can push my hands on a wall or the floor. This is a way to be gentle with myself and others when I have big feelings.

I can take deep and slow breaths on my own. I can take deep and slow breaths with others. I can cover my ears or close my eyes when I take deep slow breaths. This is a way to be gentle with myself and others when I have big feelings.

I can cry or talk to someone about my feelings. This is a way to be gentle with myself and others when I have big feelings.

Having big feelings makes sense right now. It is okay to have big feelings. When I have big feelings, I will remember to be gentle with myself and others.

