

BIG FEELINGS & BEING GENTLE WITH MYSELF AND OTHERS II



Resources for Autistic Individuals and their Families Impacted by War and Displacement



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
 

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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

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my own. I can take deep and slow



breaths with others. I can cover my



ears or close my eyes when I take deep



and 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



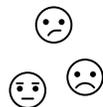
with myself and others when I have big



feelings.



Having big feelings makes sense right



now. It is okay to have big feelings.

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When I have big feelings, I will

remember to be gentle with myself



and others.