



Big Feelings, Big Wins!

Talk It Over

Talking about feelings can help us feel better.



Tell a grown-up:

Tell a grown-up about a time you had a big feeling.
What did you do?

Try It This Week!

Practice balloon breathing together —
3 breaths in, 3 breaths out — the next time
someone in your family has a big feeling.



Big feelings can get smaller when we breathe and talk.

