

BIG FEELINGS, SMALL CHOICES



Angry

A small idea for big feelings.
Feel, name, and choose a helpful move!



Sad

HELPFUL MOVES

1

BREATHE
with an adult



2

**ASK FOR
HELP**



3

**QUIET
SPACE**



4

USE WORDS



to say what
happened

5

**GET A
HUG**
or
comfort



6

WAIT!

Pause
before
hitting or
shouting



FOR THE CALM ADULT:

Kids don't do this alone. They need an adult
present for support and co-regulation.

