

# How to recognize and respond to big feelings



Tummy aches and headaches



Crying and irritability



Trouble sleeping, nightmares, or night terrors



Sweaty hands



Changes in eating habits



Shortness of breath



Clinginess, seeking attention



Worrying about family members



Repeated, frequent questions



Fighting, arguing, or breaking things



Avoiding certain behaviours or conversations

## Help children name and validate their feelings

It sounds like you might be feeling scared.



It's ok to feel scared. I also feel scared sometimes.

## Comfort and speak soothingly

This feeling will pass.



We are here and we will take care of you.

## Help children manage their big feeling

Let's dance to get our wiggles out!



Let's belly-breathe to help us feel better.

## Reduce big feelings in the future

Limit exposure to news and social media.



Provide positive information about what is causing the big feeling.