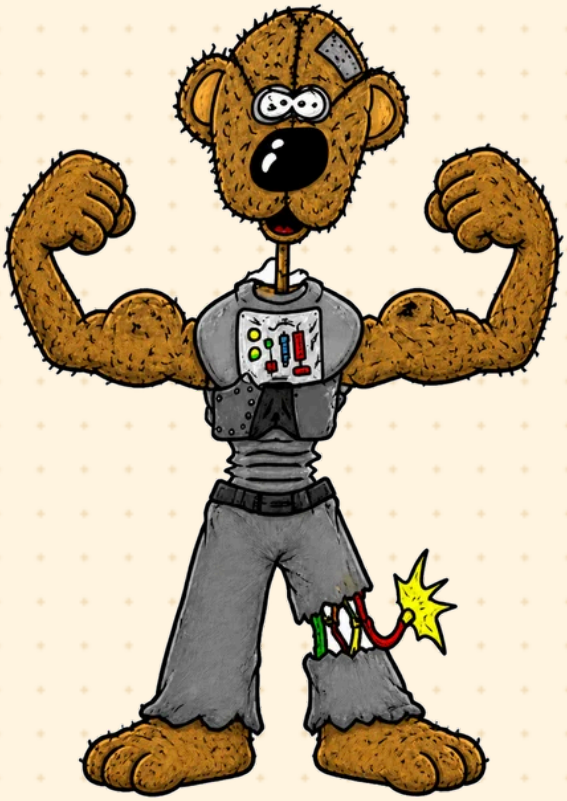
MY FEELINGS TOOLKIT

1 NOTICE | 2 NAME | 3 NEED | 4 NEXT



Hi, I'm Theodore. Big feelings are allowed. This book helps you notice them, name them, find what you need, and pick what's next.

This book belongs to .....

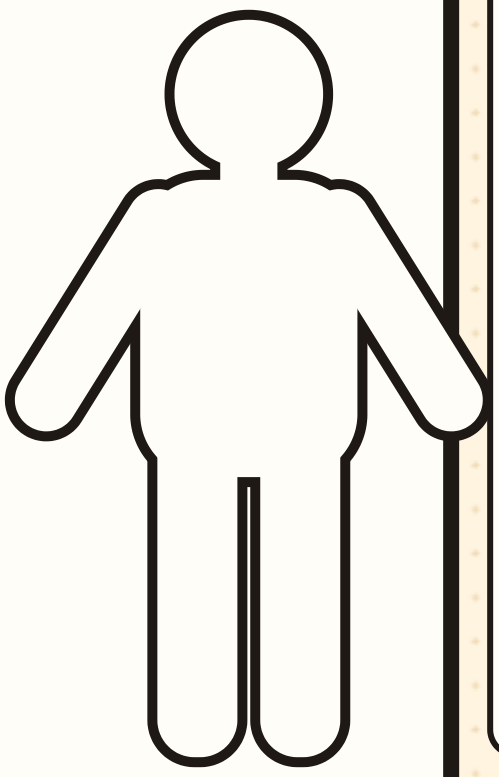
My grown-up for this book .....

This is a practice tool, not therapy, and not for a crisis. If a child is unsafe, get help now: Kids Helpline 1800 55 1800, Lifeline 13 11 14, or 000 in an emergency.

NOTICE IT

1

Where does a big feeling live in your body? Colour it in.



My body clues. Tick the ones you get.

- ☐ Hot face
- ☐ Tight tummy
- ☐ Fists
- ☐ Wobbly legs
- ☐ Tears
- ☐ Can't sit still
- ☐ Fast heart
- ☐ Want to hide

Another clue .....

How big was it? Tick one.



☐ **Small**



☐ **Big**



☐ **Really big**

Noticing is the first step. You don't need words yet. Just: small, big or really big?

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NAME IT

2

Seven feeling families. Colour the faces you felt this week.



Happy | Sad | Angry | Scared | Yucky inside | Grossed out | Surprised

The little stripe under each face is its colour in the app. Colour it in if you like.

Draw your own face for how you feel today.

I feel .....

because .....

.....

and a bit .....

Two words is plenty. A feeling with a name feels smaller.

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Need

3

What do I need right now? Tick one in each row.

- ☐ A hug *or* Some space ☐
- ☐ A drink *or* A snack ☐
- ☐ Move about *or* Rest ☐
- ☐ Talk *or* Quiet ☐
- ☐ A grown-up *or* A pet or toy ☐
- ☐ Go outside *or* Stay in ☐

What did I need underneath? Colour the one that fits.

Safe and hugged someone stays	**Let me try** I can do it	**Listen to me** say how I feel	**Let me play** fun and silly	**Help me stop** calm down, be fair

My two favourite calm-down cards. Draw them.

Card 1

Card 2

Ideas: Balloon breathing · Be a turtle · Butterfly hug · Cosy spot · Shake it off · Tell a grown-up · Lemon squeeze

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Next

4

Pick one small step. Draw your feeling into the box where it goes.

The conveyor

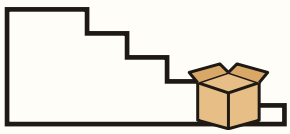
Work on it now. Breathe, move, talk about it.



draw it here

The basement

Not today. Safe and out of the way. I'll come back to it.



draw it here

The fire

Let it go. Keep what it taught me.



draw it here

Grown-ups I can tell

1 .....

2 .....

3 .....

Kids Helpline is free, any time: 1800 55 1800.



I can say: "That's a big one. I need a minute."

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