

present

My Big Feelings Workbook



By Denise Daniels, RN, MS and Susan Champlin, MSEd



My Big Feelings & Workbook

featuring







A Letter to Grown-ups

Welcome to the wonderous world of children's emotions! Childhood is an amazing time of discovery. Nearly every moment of a child's life offers opportunities to teach important emotional intelligence skills such as as caring, listening, empathy, problem-solving, self-regulation, and resilience. This is especially true in challenging times such as these.

Science shows that when children have strong emotional and resilience skills they have greater academic success, improved physical health, enhanced decision-making capabilities, better social skills and the capacity to bounce forward from adversity, stronger than ever.

After years as a pediatric oncology nurse and childhood bereavement specialist, Denise founded the National Childhood Grief Institute where she and her team served children sheltering in refugee camps around the world.

The Moodsters' evidence-based curriculum was informed by Dr. Mark Brackett and Dr. Robin Stern of the Yale Genter for Emotional Intelligence. Its efficacy was tested at the Yale Child Study Center. We at The Moodsters Children's Foundation are deeply gratefully for their years of research and dedication to improving the emotional well-being of children everywhere.

My Big Feelings WorkBook With The Moodsters offers children evidence based emotional support and simple coping skills that will help them navigate the complex world of emotions. The activities found in this workbook will give them the emotional building blocks and resilience skills necessary to be successful at home, in school, on the playground and in life!

The Moodsters are honored to support parents, caregivers, and teachers who strive every day to make the world a more caring and supportive place for children. Thank you for all you do!

Denise Daniels RN,MS Director. The Moodsters Children's Foundation

MEET THE MOODSTERS

Some days feel normal. Some days feel special, like your birthday! And some days, the world feels upside-down.

Every day, it's important for **you** to know how you are feeling *inside*. Your feelings are a special part of you. They make you...YOU!

We feel all kinds of things every day. You might be happy one minute, then get sad, then later feel calm. Some feelings seem very BIG—like when you're really mad you can't go outside and play! But some are small, like when you're a little nervous because you forgot your jacket at the playground.

All feelings are natural. And it's important to know that even uncomfortable feelings don't last forever.

The Moodsters want to help you understand WHAT you're feeling, and WHY you feel that way, and HOW to feel better.



The Moodsters are a team of very special feelings detectives who solve the mysteries of emotions. They do what they do because they care about you!

How do you think each Moodster feels right now? Draw a line to match The Moodster to their feeling.



53

Lolly

SAD



Coz

SCARED



Quigly

CALM



Razz

HAPPY



Tully

LOVING



Snorf

MAD





CHANGES, SURPRISES AND FEELINGS



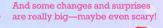
We have lots of feelings when things change, or when something unexpected happens.

Some changes are small

I'm going to change into my pajamas



Some surprises are medium size





Who's going to be my teacher this year???

We're moving to a new city??



Use this space to write about or draw a picture of a change or a surprise in your life:



A MISH-MASH OF FEELINGS

It's hard to be a kid sometimes.
And it can be confusing when
you go through a big change or
surprise—you may have lots of
different feelings all at the
same time.





I'll tell you a secret—shh! Sometimes I feel scared and angry at the same time. How are you feeling?





Circle all the feelings you're having right now.

LOVED SCARED TIRED LONELY WORRIED EXCITED SAD

NERVOUS CONFUSED ANGRY UNSAFE GRUMPY HAPPY BRAVE

FRUSTRATED STRESSSED THANKFUL PROUD PROTECTED ALONE SAFE

You can also add some of your own:

THE MOODSTERS METER.

See this amazing Moodster Meter? It's not for taking your temperature-it's for checking how you're feeling inside!

Keep the Moodsters Meter handy. You can use it every day to show someone what's going on inside you, and to talk about your feelings.



How do you show YOUR feelings?

When I am happy I act like this:

When I am scared, I act like this:

When I am lonely, I act like this:

When I am angry, I act like this:

When I am excited, I act like this:

When I am disappointed, I act like this:



YOU'RE IN CHARGE!

When you have upset feelings, it may feel like nothing will ever get better. And you might think that there's nothing you can do about it.

But here's a secret:

When we know what different feelings do to our bodies, we know how to take care of them

Here's another secret:

You're in charge!

Did you know your brain is like a computer, sending messages to the rest of your body about how to feel and what to do?

You have the power to TAKE ACTION when big feelings come around-so you can help yourself feel better!

Let my Moodsters friends show you how-just turn the page!











WHEN YOU'RE SAD

When something bad happens, it makes me really sad—maybe it makes you sad, too.

I've learned some things I can do when I feel sad, and I want to share them with you:

- · Spend extra time with people who love you
- Have a good cry (girls, boys, everybody needs a good cry sometimes!)
- · Listen to music—it's a great way to express your feelings
- · Ask for a hug
- Read your favorite book
 - · Watch a funny movie
 - Help someone else—did you know that helping others makes you feel good?!

Use the space below to write about or draw a picture of a change or a surprise in your life:





WHEN YOU'RE ANGRY

It's normal to feel angry when you can't do something or have something you want.

When this happens, it's important to do two things:

- 1. Find your calm, like Tully.
- 2. Then find a good way to let out your anger without hurting yourself or anyone else.

Here are some ways I let go of my Razzy-matazzy anger:

- · Yell into a pillow
- · Punch a cushion (never hurt anybody else!)
- · Run around outside to let off steam
- · Do some jumping jacks
- · Listen to loud music and march around
- · Take slow, deep breaths, i-i-i-in and ou-u-u-t.
- Talk to a grown-up about why I feel angry.
- · I make up my own yoga poses!
- Draw a picture of what makes you feel angry

Use the space below to write about or draw a picture of a change or a surprise in your life:





WHEN YOU'RE WORRIED OR AFRAID

Everybody feels scared sometimes—even me!

Well...okay, especially me.

But here are some tricks I've learned so I don't feel so afraid:

- · I talk to someone who loves me.
- · I put my hand on my belly and take deep breaths.
- · I feel my belly go up and down.
- · I hold on to my favorite stuffed animal or toy.
- · I sing my favorite song to myself.
- · I close my eyes and think about my favorite place.
- I read my favorite book (or look at the pictures) it always stays the same, just the way I like it!
- · I make a picture in my head: me in a superhero costume!

• I talk to myself and say: "You are brave! You have courage! You are strong!"

Everyone has worries from time to time. But when you have a worry that fills up your head and you can't think about anything else, it's important to talk to someone who cares about you.

Lots of times, a worry goes away when we talk about it with someone!

Use this space to draw a picture of a time you were afraid of and what you did to feel better.



THE COMFORT CORNER

Did you know The Moodsters have a special place where they go when they need to take care of their feelings? It's a quiet, cozy place they call the "Comfort Corner."

When you need some alone time to relax, calm down, and give your feelings a rest, it can help to have your own Comfort Corner to go to. Maybe it's a corner of your room—or just a place where you can put a blanket over your head and have some privacy!

Make a list of items you would like to bring to your Comfort Corner, such as:

stuffed animal, favorite storybook, Moodsters Meter water bottle, pillow, squishy clay, paper and crayons to color

What would you bring to your Comfort Corner?









HELP IS ALL AROUND

There are always good people around who are ready to share a laugh with you—and who care about how you are feeling.



I know I can always ask for help with my feelings. And just like The Moodsters, you have your very own "team."

Who are some of the people you can ask for help with YOUR feelings? We're starting you off with some ideas:

My pet:

Who else:

Some of the most important feelings are said without words—like giving someone a hug, or holding someone's hand.

STAYING HEALTHY

Your body and your brain work together. So when your body is healthy, it can help your brain feel good, too.

Here are some ways we Moodsters like to stay healthy.



I like to do meditation and yoga to stay calm and relaxed.

I like to run around and get exercise so I can stay fit!



00

I try to eat healthy foods to make my body strong. (But it's okay to have a treat sometimes!)

I like to get a good night's sleep.



00

I always brush my teeth so I won't get cavities!

I like to do puzzles and math games to give my brain a workout.



How do you stay healthy? Write or draw a picture here:

YOUR MOST IMPORTANT JOB: HAVING FUN!



Think about the activities you like to do, and who you like to do them with.

What's your favorite game to play indoors?
Who do you like to play it with?
What's your favorite activity to do outdoors?
Who do you do it with?
Who can you tell a secret to?
What are your favorite books to read?
Who do you read them with?
What kinds of arts and crafts projects do you like?

Who helps you with them?

What are some of your other favorite things to do?

Learning a New Word: RESILIENT!

Did you know there's a special "feelings word" that means you **get back up** after you fall down?

And that you **keep trying**, even if things don't work out right the first time?

The word is **RESILIENT**.









Resilient! When you say, "I won't give up,"
you are RESILIENT! And you are ready to
move forward.

LET'S LEARN HOW TO BE RESILIENT!







GOALS AND STEPS



Do you ever look up at the Moon at night? It looks so far away!

But many years ago, people said, "We want to go to the Moon!" AND THEY DID!

How did they do it? They set a goal. And you can, too!

A goal is something you really, really want to do in the days or years ahead. (Just like soccer players really, really want to get the ball into the goal!)

It's important to have a goal, because it keeps you looking toward the future—and it puts you in charge of your own dream.





To reach a big goal, you have to take smaller steps.

Just like when you read a book: To finish the whole story, you have to read one page at a time.

Now it's your turn: You can set your own goal! Then figure out the steps it will take to get there.

We'll call this your Action Plan.



Your Action Plan



FIRST, think about a goal you have. Maybe it's...

- · what you want to be when you grow up (doctor? firefighter? plumber? artist?)
- something you want to learn how to do (play the drums? snowboard? ballet?)
- something you want to get better at (gymnastics? spelling? eating vegetables??)

Write your goal here:

SECOND, think about the steps it will take to get there.

EXAMPLE:	YOU
Goal: Be a great soccer player.	My goal:
Step 1: Join a team.	Step 1:
Step 2: Pay attention to the coach.	Step 2:
Step 3: Practice, practice, practice!	Step 3:



TRY NEW THINGS

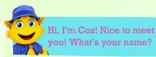
Learning how to do new things can make us feel GREAT about ourselves!

Each time, you'll get better and better at it. And that makes you more excited to try new things in the future!

Here are some fun things you could try:

- · Learn to make a paper airplane
- · Learn to sing a new song
- Read a book that's just a LITTLE bit hard for you (and learn some new words!)
- · Make a new friend!

Circle the pictures below that you think are GOOD ways to make a new friend. Why do you think so?



Hi, I'm Lolly! Would you like to share my cookies?





I'M RAZZY AND I'M ABOUT TO BLOW MY STACK!



SAYING "THANK YOU" FEELS GOOD!

Sometimes you're so happy to have someone or something in your life that you want to say THANK YOU! That happy feeling is called **GRATITUDE**. You might feel gratitude for things like:

- · your family
- your friends
- the food you eat
- the helpers
- somebody giving you a gift, or helping you

What are some things or people that you are thankful for? You can write them or draw a picture.





The more we practice showing our gratitude, the more we start to focus on the good things happening around us.

That makes us feel good!

THE STORY OF YOU

YOU are a special person-there's no one like you in the whole world.

And your story is different from everyone else's. So the only one who can tell your story is...YOU!

Use the next page to tell or draw a story about a time when you had big feelings. Maybe it was:

- · a time when you were SO happy
- · or when you were scared about a big change
- · or when you felt really mad about something
- · or when you were very sad and someone helped you

The Moodsters have some questions to get you started:



Where were you?







Did you talk to someone special about your feelings?



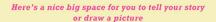
Where were you doing?



What happened then?









CONGRATULATIONS!

The Moodsters are proud to announce that YOU have completed your "My Big Feelings Workbook" by solving the mysteries of your own emotions.

You have discovered that feelings are real and a very special part of you.

You have learned a lot about feelings, such as good ways to handle your feelings when you're HAPPY, LOVING and CALM – and ways to help yourself feel better when you're SAD, SCARED, or ANGRY.

You are strong and hard-working and you can do anything you set your mind to because you are resilient!

THE MOODSTERS ARE PROUD OF YOU!



Moodsters....Children's Foundation....

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