

LIFE WORKS!



DON'T SWEAT IT



HOW TO NAVIGATE
BIG EMOTIONS



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WHEN THINGS GET BIG

We all have many feelings every day. Sometimes, they can get really big. It can seem like a feeling takes over everything else.



But when we have big **emotions**,
we don't have to sweat it! There
are lots of ways we can make
them small again.



FEELING IT

Sometimes, emotions make our heads or hearts feel things. Other times, they show up in the rest of our bodies.

My palms
are sweaty.

I feel so much. I
can't think about
anything else!

Think of the last time you
had a big feeling. What
did your body do?

I have butterflies
in my tummy.



OUR BODIES TALK

Our bodies talk to us all the time.
And our feelings are part of the chat.
What do they say?



What might having red cheeks say? It could mean we are angry or **embarrassed**.

Having big feelings shows us we care about things. We usually get the biggest feelings about things that are important to us.

I'm so sad.
My pet spider
is sick.

You must really
care about
your pet.

Cough!

