

# Big Feelings Toolkit for Kids

Printable Tools to Help Kids  
Understand, Name & Manage Emotions



HAPPY



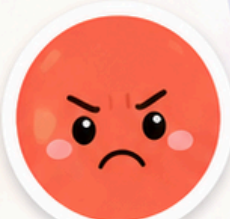
WORRIED



SAD



EXCITED



ANGRY



CALM



Includes **20**  
Feelings Cards  
+ Posters + Calm Choices

Little Calm Club

# Big Feelings Toolkit for Kids

## Table of Contents

- |   |                                |   |
|---|--------------------------------|---|
| 1 | Welcome to Your Toolkit        | ★ |
| 2 | 20 Feelings Cards              | ♥ |
| 3 | How Do I Feel Today? Poster    | ★ |
| 4 | Feelings Thermometer           | ★ |
| 5 | My Body Is Telling Me...       | ♥ |
| 6 | What Can Help Me? Choice Cards | ★ |
| 7 | 4 Mini Posters                 | ♥ |
| 8 | Parent & Teacher Guide         | ★ |



# Welcome to Your Toolkit

Helping Kids Understand, Name & Manage Big Feelings

Big feelings are a normal part of childhood. This toolkit is here to help kids notice their emotions, name what they feel, and choose helpful ways to cope. Use these printable tools at home, in the classroom, or in a calm corner to support emotional learning in a simple, gentle way.

## ♥ Inside This Toolkit ♥

- ♥ 20 Feelings Cards
- ♥ How Do I Feel Today? Poster
- ♥ Feelings Thermometer
- ♥ My Body Is Telling Me... Worksheet
- ♥ What Can Help Me? Choice Cards
- ♥ 4 Mini Posters
- ♥ Parent & Teacher Guide

## ♥ A Simple Way to Use It ♥

- 1 Name the feeling. ♥
- 2 Notice body clues. 🧑
- 3 Choose a helpful support tool. ★
- 4 Practice again and again. ♥



♥ All feelings are  
welcome here. ♥

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# 20 Feelings Cards

A simple set of cards to help kids notice, name, and talk about emotions.

- |    |            |   |    |              |   |
|----|------------|---|----|--------------|---|
| 1  | Happy      |    | 11 | Proud        |    |
| 2  | Sad        |   | 12 | Disappointed |   |
| 3  | Angry      |  | 13 | Jealous      |  |
| 4  | Worried    |  | 14 | Embarrassed  |  |
| 5  | Scared     |  | 15 | Confused     |  |
| 6  | Excited    |  | 16 | Tired        |  |
| 7  | Calm       |  | 17 | Loved        |  |
| 8  | Frustrated |  | 18 | Grateful     |  |
| 9  | Shy        |  | 19 | Silly        |  |
| 10 | Lonely     |  | 20 | Hopeful      |  |



♥ All feelings matter.

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1

HAPPY



I feel happy sometimes.

2

SAD



It's okay to feel sad.

3

# ANGRY



I feel angry sometimes.

4

# WORRIED



It's okay to feel worried.

5

SCARED



It's okay to feel scared.

6

EXCITED



It's okay to feel excited.

7

CALM



I feel calm and at peace.

8

# FRUSTRATED



It's okay to feel frustrated.

9

SHY



It's okay to feel shy.

10

LONELY



It's okay to feel lonely.

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11

PROUD



I feel proud sometimes.

12

# DISAPPOINTED



It's okay to feel disappointed.

13

# JEALOUS



It's okay to feel jealous.

14

# EMBARRASSED



It's okay to feel embarrassed.

15

# CONFUSED



It's okay to feel confused.

16

# TIRED



It's okay to feel tired.

17

LOVED



It's okay to feel loved.

18

# GRATEFUL



I feel grateful sometimes.

19

SILLY



It's okay to feel silly.

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20

# HOPEFUL



It's okay to feel hopeful.



# BIG FEELINGS CARDS

## Guide for Parents & Caregivers



Emotions are a big part of growing up. These cards help children name what they feel, understand it, and know that every feeling is okay. Use them to start meaningful conversations, build emotional awareness, and create connection.



### HOW TO USE THE CARDS

- 1 Explore together**  
Look through the cards with your child. Let them choose the one that shows how they feel or felt today.
- 2 Talk about it**  
Ask open-ended questions:
  - What happened?
  - Where do you feel it in your body?
  - What helps when you feel this way?
- 3 Validate their feelings**  
Remind your child that all feelings are normal. Listen with love and avoid judgment.
- 4 Use them often**  
Use the cards daily, during calm moments or challenging ones. They are a great tool for emotional learning and connection.



### WHY DO WE SAY: "I FEEL HAPPY SOMETIMES. IT'S OKAY TO FEEL..."?



"I feel happy sometimes" helps children understand that feelings come and go. It's normal to feel differently at different times.



"It's okay to feel..." gives children permission and reassurance that every feeling is valid and it's okay to have it.



Your love and understanding help your child feel safe, seen, and supported in every feeling.





# HOW DO I FEEL TODAY?

Point to the feeling that matches your day.



Happy



Sad



Angry



Worried



Scared



Excited



Calm



Frustrated



Shy



Lonely



All feelings are welcome.



# HOW DO I FEEL TODAY?

Point to the feeling that matches your day.



Proud



Disappointed



Jealous



Embarrassed



Confused



Tired



Loved



Grateful



Silly



Hopeful



All feelings are welcome.



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# FEELINGS THERMOMETER

Feelings change. That's okay!  
Use this thermometer to notice how you feel  
and choose what helps.



## 5 - TOO MUCH!

I feel overwhelmed.  
I need help  
right away.



### WHAT CAN I DO?

#### ♥ I need help and support.

- Talk to a grown-up
- Take a break in a safe place
- Use my calming tools



## 4 - REALLY BIG

I feel really strong  
emotions.  
It's hard to  
think clearly.



#### ♥ I need to calm down.

- Take deep breaths
- Count to 10 slowly
- Squeeze a stress ball



## 3 - BIG

I feel upset  
or stressed.  
I need to  
slow down.



#### ♥ I need to slow down.

- Take a break
- Drink some water
- Stretch or move



## 2 - GOOD

I feel okay.  
I can handle  
what's happening.



#### ♥ I can keep going!

- Keep using good choices
- Stay positive
- Help others



## 1 - CALM

I feel calm  
and happy.  
I'm good!



#### ♥ I feel great!

- Enjoy the moment
- Keep being kind
- You're doing well!



There is no wrong feeling.  
All feelings are okay. What matters is how we handle them.



# MY BODY IS TELLING ME...

Our bodies give us signals when we feel something.  
Learning to notice them helps us take care of ourselves!

## WHAT MY BODY MIGHT FEEL LIKE:

### HAPPY



- I smile.
- My energy goes up.
- I feel light and bouncy.

### SAD



- My chest feels heavy.
- My energy goes down.
- I might feel like crying.

### ANGRY



- My muscles get tight.
- My face feels hot.
- I feel like shouting or stomping.

### WORRIED



- My tummy feels funny.
- My mind feels busy.
- I might bite my nails or fidget.

### SCARED



- My heart beats fast.
- My body feels tense.
- I want to hide or run away.

### EXCITED



- My heart beats fast.
- I feel lots of energy.
- I want to move and jump!

### CALM



- My body feels relaxed.
- My breathing is slow.
- I feel peaceful inside.

### FRUSTRATED



- My shoulders get tight.
- I feel a knot in my tummy.
- I might groan or sigh a lot.

### SHY



- I feel quiet.
- My face might get warm.
- I want to stay close to someone.

### LONELY



- My heart feels heavy.
- I miss being with someone.
- I feel empty inside.

## WHAT CAN I DO?



Notice what your body is telling you.



Take deep breaths and pause.



Use calming tools that help you.



Talk to someone you trust.



Be kind to yourself.

Listening to our bodies helps us understand our feelings and take care of ourselves in the best way.



# MY BODY IS TELLING ME...



Our bodies give us signals when we feel something. Learning to notice them helps us take care of ourselves!

## WHAT MY BODY MIGHT FEEL LIKE:

### PROUD



- My chest feels tall.
- I want to smile.
- I feel strong inside.

### DISAPPOINTED



- My body feels heavy.
- I want to sigh.
- I feel a little low.

### JEALOUS



- My tummy feels twisty.
- My face feels tight.
- I want what someone else has.

### EMBARRASSED



- My cheeks feel warm.
- I want to hide.
- My body feels shy.

### CONFUSED



- My brain feels busy.
- I might stop and stare.
- I need help to understand.

### TIRED



- My eyes feel sleepy.
- My body feels slow.
- I need rest.

### LOVED



- My body feels warm.
- I want to hug.
- My heart feels full.

### GRATEFUL



- My heart feels happy.
- I want to say thank you.
- I feel calm inside.

### SILLY



- My body feels playful.
- I want to giggle.
- I feel bouncy and fun.

### HOPEFUL



- My heart feels light.
- I look forward to what's next.
- I believe good things can happen.

## WHAT CAN I DO?



Notice what your body is telling you.



Take deep breaths and pause.



Use calming tools that help you.



Talk to someone you trust.



Be kind to yourself.



Listening to our bodies helps us understand our feelings and take care of ourselves in the best way.





# WHAT CAN HELP ME?

## Choice Cards



### Table of Contents

1. Take Deep Breaths
2. Ask for a Hug
3. Take a Break
4. Drink Some Water
5. Talk to a Grown-Up
6. Go to My Calm Corner
7. Squeeze Something Soft
8. Move My Body
9. Listen to Calm Music
10. Draw My Feelings
11. Count Slowly to 10
12. Ask for Help





# TAKE DEEP BREATHS



Deep breaths help my body slow down.



# ASK FOR A HUG



A hug can help me feel safe and calm.



# TAKE A BREAK



A short break helps me reset.



# DRINK SOME WATER



Water helps my body feel better.



# TALK TO A GROWN-UP



A grown-up can help me feel safe.



# GO TO MY CALM CORNER



My calm corner helps me feel better.



**SQUEEZE  
SOMETHING  
SOFT**



Squeezing something soft helps me relax.



# MOVE MY BODY



Moving my body helps release big feelings.



# LISTEN TO CALM MUSIC



Calm music helps my body relax.



# DRAW MY FEELINGS



Drawing helps me show how I feel.



# COUNT SLOWLY TO 10



Counting slowly helps my body calm down.



# ASK FOR HELP



Asking for help helps me feel safe.






# 4 MINI POSTERS

Gentle reminders for big feelings.



♥ Inside this section: ♥

- 
- 
- 
1. All Feelings Are Welcome
  2. Feelings Come and Go
  3. It's Okay to Ask for Help
  4. Name It to Tame It



# ALL FEELINGS ARE WELCOME



Every feeling is okay.



There is no wrong feeling.



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# FEELINGS COME AND GO



Big feelings won't stay forever.



This feeling will pass.





# IT'S OKAY TO ASK FOR HELP



Grown-ups can help me feel safe.



Asking for help is brave.



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# NAME IT TO TAME IT



Naming my feeling  
helps me understand it.



♥ Feel it. Name it. Calm it. ♥





# PARENT & TEACHER GUIDE

## How to Use the Big Feelings Toolkit

This toolkit helps children recognize, name, and manage big feelings in a gentle and supportive way.

Use the printables to build emotional awareness, start conversations, and help children choose what they need.



### WHAT THIS TOOLKIT HELPS WITH

- noticing feelings
- naming emotions
- understanding body signals
- choosing calming supports
- building emotional vocabulary



### WAYS TO USE THE TOOLKIT

- during calm moments to build skills
- during hard moments to offer support
- in a calm corner or classroom space
- one-on-one conversations
- daily emotional check-ins



### A SIMPLE ROUTINE

1. Notice the feeling.
2. Name the feeling.
3. Look at the body clues.
4. Choose what might help.
5. Stay close and offer support.



Connection first. Solutions second.





# SUPPORTING BIG FEELINGS

Helpful Tips for Home & School

## WHEN A CHILD HAS A BIG FEELING

- stay calm and stay close
- use a gentle voice
- validate the feeling first
- keep words simple
- offer choices, not pressure

## HELPFUL THINGS TO SAY

- “I’m here with you.”
- “It’s okay to feel this way.”
- “Your body is telling us something.”
- “Let’s find what can help.”
- “You are safe.”



## QUESTIONS YOU CAN ASK

- “How do you feel?”
- “Where do you feel it in your body?”
- “What happened?”
- “What do you need right now?”
- “What might help?”

## GENTLE REMINDERS

- all feelings are welcome
- feelings come and go
- asking for help is brave
- children learn best through connection

♥ Progress takes practice, patience, and love. ♥



# THANK YOU!



You're helping kids build calm, confidence, and big emotional skills.



Big feelings are normal. But kids don't have to handle them alone. With the right tools, support, and practice, **they can learn to feel better, one small step at a time.**



## Let's keep growing calm, together!

Follow us for more tips, tools, and gentle support for raising emotionally strong and resilient kids.



TikTok  
@littlecalmclub



Facebook  
@littlecalmclub



More resources, freebies, and tools:



[littlecalmclub.org](https://littlecalmclub.org)



  
**Little Calm Club**

You're doing an amazing job. Your kindness makes a difference every day.



**With care and calm,  
Little Calm Club**