

A Shooting Star

FAMILY ACTIVITY



**MANAGING
BIG FEELINGS**

SFK.ORG

MANAGING BIG FEELINGS



We all have big feelings, but they feel extra big for our children. Self-regulation is vital for inner strength and independence. When children are reactive, they feel disconnected, and we want to give them the tools to reconnect to their Light.

All feelings are valid, and we should create a healthy space for our children to feel and have tools to manage them promptly, so their emotions don't take over their words and actions.

In this two-part activity, your children will first have the opportunity to reflect. On challenging situations they faced, the feelings it brought up, how they reacted, and how they can pause, calm themselves down, which will help them to respond positively and reconnect to their true self Light.

In the second part of the activity - they will create a fun and practical tool that will empower them to pause and chill out when a big feeling arises.



PART ONE

Reflection:

Use the table below as an example to make your own. Use the last column to write the actions that would help you maintain calm and stop your reactive behaviors.

Challenging situation	My feelings	How I react	What can I do to pause & calm myself down?
I miss my Grandma	Sadness and anger	I'm angry at everyone	
I failed the math test	Frustration	I give up	

Talking points:

- Feelings can feel really big and overwhelming
- All feelings are valid
- If we pause and chill out when we feel uncomfortable emotions, we can avoid saying hurtful words or doing hurtful actions that can hurt ourselves or others.
- You can share your personal experience about reacting without pausing and what the consequences were. (You can use examples when you have been reactive with them)
- When we learn to manage our emotions, we feel more powerful and that we can handle anything



PART TWO

Art project - The Wheel Of Calm

In this fun and creative activity your children can copy the example or come up with their own chill out activities. They will realize that they have options on how to self-regulate when they are experiencing reactive feelings. This is a useful and handy tool when needed!

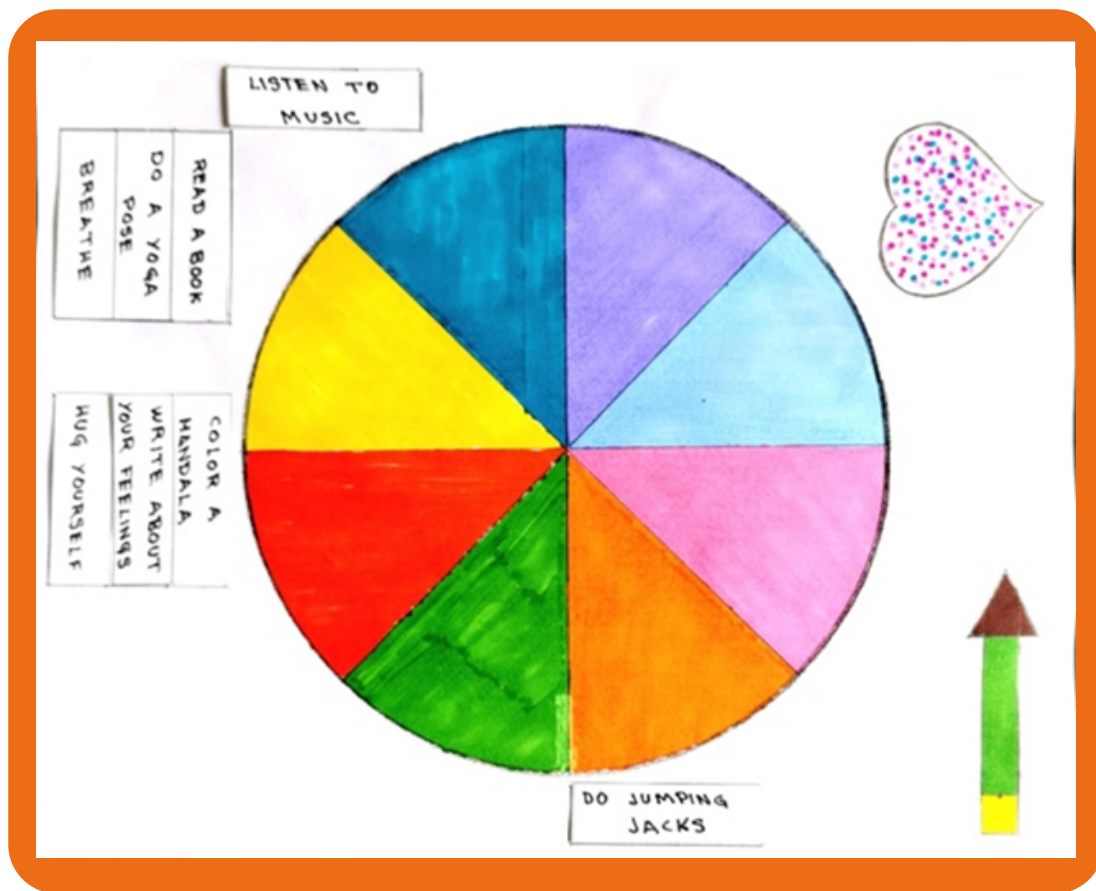
Materials

- Printables
- Markers, colors
- 1 round head fastener
- 1 paper clip
- Scissors
- Glue
- Self-laminating pouch (optional)
- Cardboard



Instructions

1. Color the circles and cut them out off the cutouts page:



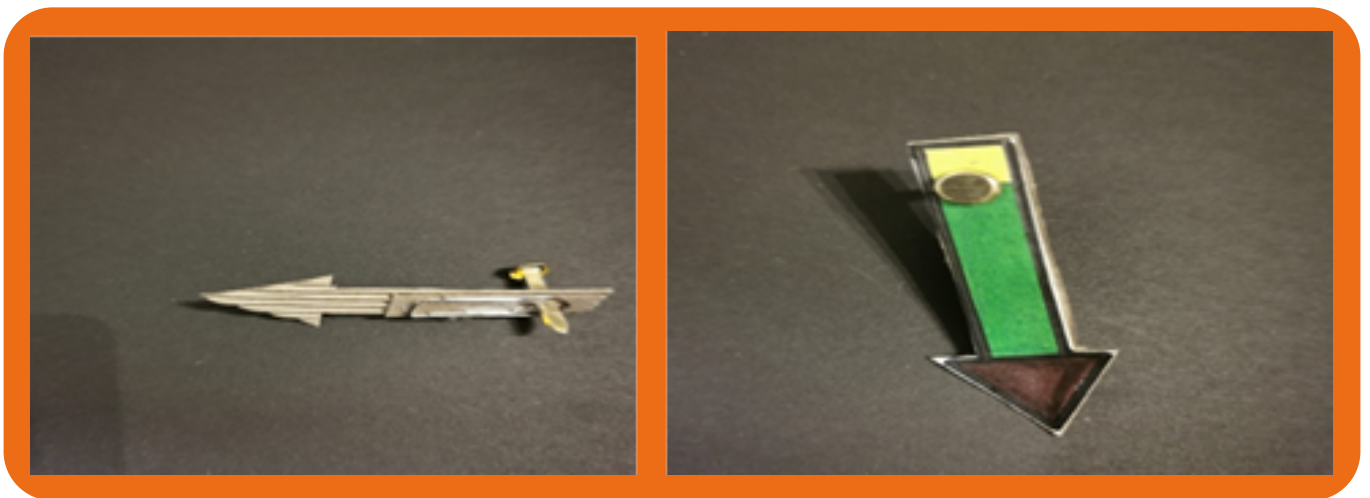
2. Glue the circle onto a piece of cardboard and cut it out:



3. Glue the strips with the activities you wrote in each slice of the circle:



4. Glue the arrow onto a piece of cardboard and cut it out



5. Glue the paperclip to the end of the arrow on the cardboard.

6. Pierce the arrow at the end toward the edge of the clip and nail the round head fastener.

7. Make sure the arrow turns easily by adjusting the size of the hole.

8. Pierce the center of the heart and attach the arrow by passing the clasp through the hole. Secure the fastener by separating the legs

9. Your wheel of calm is ready for you to use:



How to use it

Talk with your child about feelings and reactions, let them know that when he/she has big feelings, they can spin the wheel or simply choose one of the activities on the wheel, this will help them to remain calm and reconnect with their Light.

Printable:

