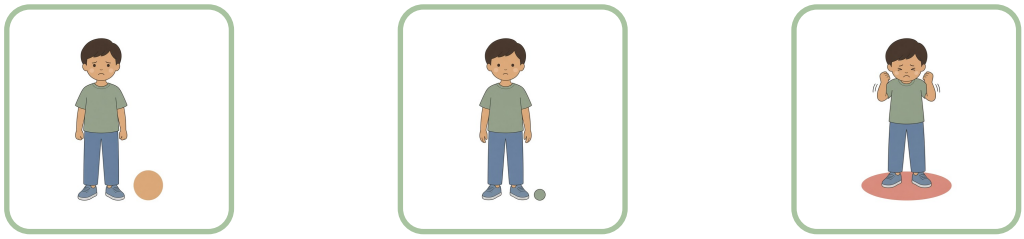
Name: _____

Circle the big feeling.

Look at the pictures. Circle the big feeling.

1



2



3

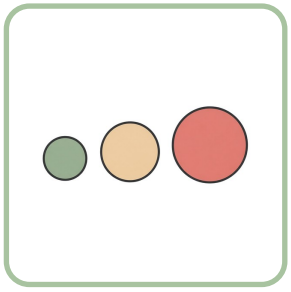


4



Trace the word.

Trace the word size.



size

size

size

Name: _____

Small, medium or big? Cut and glue.

Cut out the pictures. Glue them under a size.

small	medium	big

✂ Cut on the dashed lines.






How big is my feeling now?

Circle how big your feeling is now.






my way

Name: _____

Match the picture to the word.

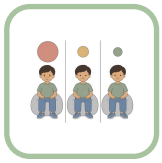
Draw a line to the matching word.











- feelings change
- big
- small
- point to the size
- medium

Fill in the word.

Pick a word from the box. Write it in the space.

small · medium · big · smaller



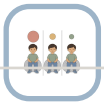
1. Sam's crayon breaks. A _____ feeling.



2. Rain stops the trip. A _____ feeling.



3. The zoo trip is cancelled. A _____ feeling.

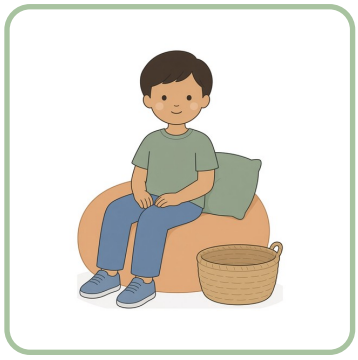


4. The feeling gets _____.

Name: _____

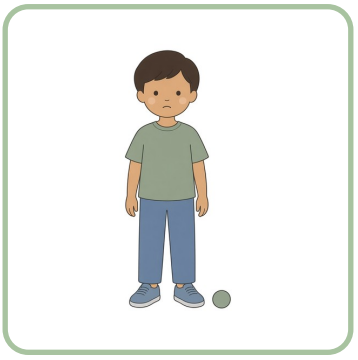
First, next, last.

Put the pictures in order. Write 1, 2, 3.



Sam uses the calm corner

☐



The feeling gets small

☐



A big feeling

☐

Thumbs up or thumbs down.

Is it true? Circle thumbs up or thumbs down.

1. Every feeling size is OK.



2. Big feelings are bad.



3. Feelings can change size.



4. Everyone feels the same size.



Name: _____

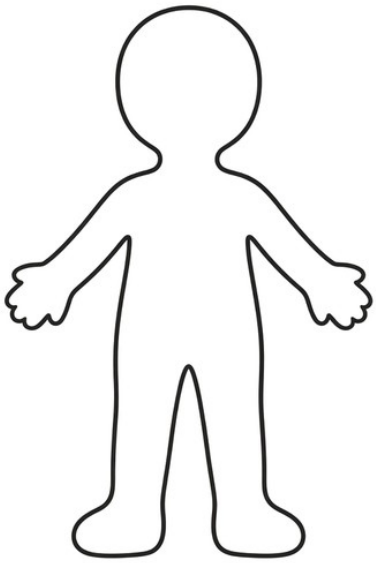
My feeling sizes.

Draw or write one thing for each size.

1	2	3

My body and big feelings.

How does a big feeling feel in your body? Check or color.



- ☐ hot face
- ☐ tight hands
- ☐ fast heart
- ☐ loud voice
- ☐ tears
- ☐ want to run
- ☐ frozen
- ☐ my own way: _____

Name: _____

What could I do?

Read the story. Draw or write what you could do.

1. “My feeling is small.”

2. “My feeling is medium.”

3. “My feeling is big.”

Today.

Today my biggest feeling was...

How Big Is My Feeling? · Answers

For grown-ups

Name: _____

Answers

E1: row 1: big-circle; row 2: missed-trip; row 3: sam-big-spill; row 4: big-circle
E2-E4: Any careful try counts. Every picture can go in the box. Any answer is right for the child's own ways.
D1: small-circle = small; medium-circle = medium; big-circle = big; point-scale = point to the size; scale-shrink = feelings change
D2: 1. small; 2. medium; 3. big; 4. smaller
D3: 1. A big feeling; 2. Sam uses the calm corner; 3. The feeling gets small
D4: 1. thumbs up (true); 2. thumbs down (not true); 3. thumbs up (true); 4. thumbs down (not true)
A1-A4: The child's own answers are all right. Suggestions:

Tips for grown-ups

- Never say a child's feeling is "too big for the problem". The size is the child's real experience.
- Use the scale to choose support, not to judge reactions.
- Point to the scale yourself when sharing your own feelings to model it.
- During a big feeling, show the scale only if it helps. Talking can wait.
- Tie each size to tools on the child's own plan (see My Calm Plan).
- Sizes can be colors, numbers or circles. Use what the child understands.