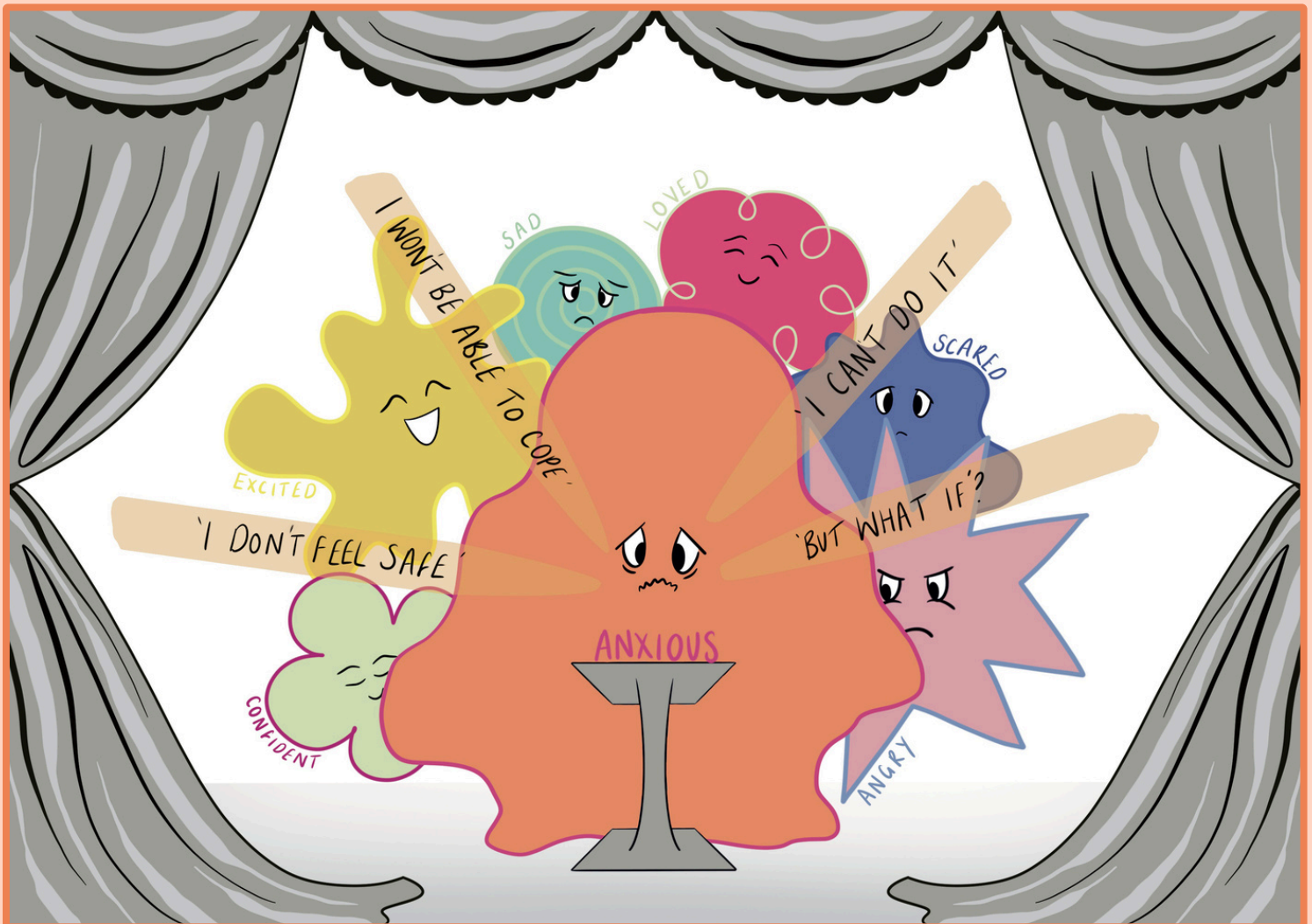


WHEN **BIG** FEELINGS TAKE OVER!

Written and illustrated by Nicole Lenihan

Sometimes when we are faced with a challenge it can feel like we have one **BIG FEELING** that takes over and hides lots of other smaller feelings. These **BIG** feelings can also get stuck and we can forget that we have other feelings altogether.

Can you imagine your feelings being like lots of actors on a stage, all with an important role to play? Sometimes though, one actor may take up **LOTS OF SPACE** and talk **LOUDER** than all the other actors, until all the other actors can't be seen or heard.



Here we can see anxiety taking up **LOTS OF SPACE** on the stage, trying to predict the future and keep safe. All the other actors are still there, just like all the feelings, but they are not getting a chance to be seen or heard.

When this happens there are lots of things that we can do. Firstly, we can notice and name our **BIG** feeling. You could say to something like...

"hello **BIG** feeling,
thanks for showing up and
letting us know how **BIG**
you feel".

Send your **BIG** feeling some love and understanding, just like you would for a friend.

You could also make a drawing of your **BIG** feeling or model it out of Play-Doh or clay. **I wonder...**

What would your **BIG** feeling look like?

What colour would it be?

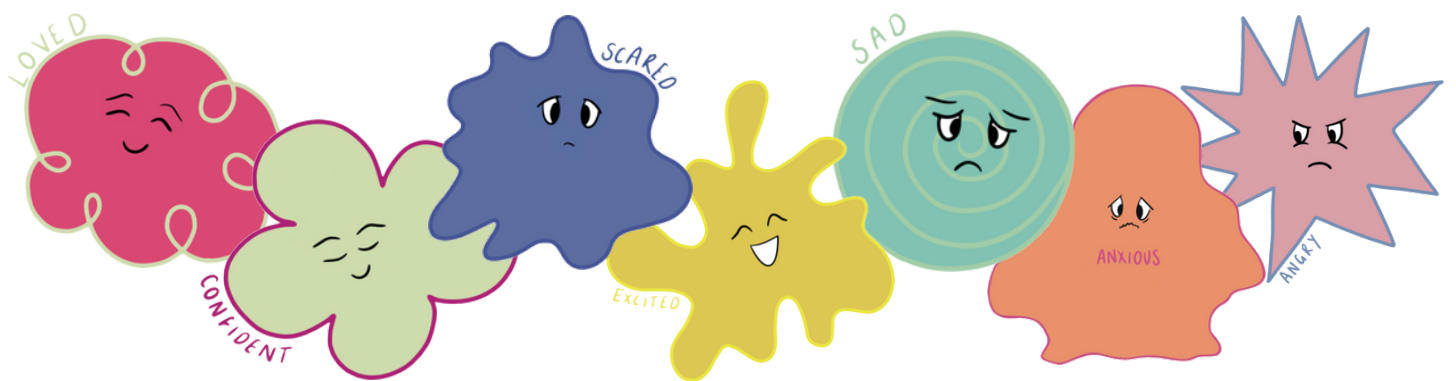
How **BIG** would it be?

If it could speak,
what might it say?

What movement
would it make?

Once you have got to know your **BIG** feeling, see if you can take a step back; sometimes it can help to take a few deep breaths.

Now have a closer look and see what other feelings might be in the background. See if you can give them some space. What other feelings can you notice? Maybe you notice that you can feel more than one feeling at a once.



Now if you want to, you can draw out or model all your feeling actors. Start with the stage on the next page. Add your feelings, inviting them all to be there, letting them know they can all have a turn to speak.

