

Manage Big Feelings (Elementary)

Do you ever have a hard time concentrating because you are tired or because you keep thinking about other things? Do you get nervous when you have to read aloud or sing in front of others? Do you sometimes feel frustrated when learning something new?

We have all experienced big feelings. Sometimes your body and mind can go too fast, like when it is hard to concentrate or you need to catch your breath. You might feel like yelling or kicking something. Sometimes big feelings can make your body and mind go slow, like when you don't have much energy. You might want to go to sleep. When you need to learn or do something and your mind and body feel too fast or too slow, you can **manage big feelings**.

Imagine that you're a car. If you're going too slow, it will take forever to get to where you're going. If you're going too fast, you might get out of control and wreck. We want to go at just the right speed so we can focus and learn. When we keep our bodies and minds at just the right speed, we are **managing big feelings**.

If your body or mind is going too fast, you can take a few deep breaths and say positive things to yourself, like "You can do this. Just focus!" If your body or mind is going too slow, you might need to do some jumping jacks or take a walk to get more energy. Sometimes when we have feelings like sadness or hurt, it's best to talk to an adult.

When I go to gymnastic competitions, sometimes my body and mind go too fast. I get really nervous. I lose my confidence. My heart starts racing, and my palms feel sweaty. My body and mind aren't focused. I want to do well, so I use the strategy **manage big feelings**. I think positive thoughts and say to myself, "You can do this. Stay focused." I remind myself that I've practiced and no matter what happens, it will be okay. I also close my eyes, take deep breaths, and imagine performing my routine. After a few minutes, my mind and body feel better, and I can focus.

The next time you have emotions that make your body or mind go too fast or too slow, use the strategy **manage big feelings** to go just the right speed. When you use the strategy **manage big feelings**, you'll stay focused and make progress even when learning or doing something challenging.