

BIG FEELINGS LITTLE FEELINGS



IN-BETWEEN FEELINGS

God created us with feelings, and all feelings matter. Sometimes we feel happy and excited. Other times, we feel sad, scared, frustrated, or angry. Sometimes we feel many different things at once! The Emotions Wheel can help us name our feelings, talk about them, and understand how others might be feeling, too.

HOW TO USE THE EMOTIONS WHEEL

1. Look at the faces and words on the wheel. Which one are you feeling right now?
2. Write a few words or draw a picture about your feelings. What was happening right before you started feeling this way?
3. Look at the faces of the people you see today and match them with ones on the wheel.



Visit chronic-joy.org for more resources.

Chronic Joy

LITTLE HELPS FOR HARD DAYS

WRITE A STORY OR DRAW A PICTURE.

Sometimes it's easier to draw or write about our feelings than to talk about them. Grab some crayons, markers, or a pencil, and let your feelings spill onto the page!

ASK FOR A HUG.

Feeling sad, lonely, angry, or scared? Sometimes a warm hug from someone you love can help you feel safe and comforted. It's okay to ask.

GET MOVING.

Moving our bodies can help when big feelings bubble up. Take a walk, ride your bike, kick a ball, jump rope, or make up a silly dance to your favorite song!

SNUGGLE UP.

Wrap up in a soft blanket, pull on a cozy sweater, or cuddle your favorite stuffed animal. Sometimes a little snuggle helps when we're feeling sad or lonely.

GO ON AN OUTDOOR ADVENTURE.

Fresh air is good for our bodies and minds! Can you spot something red, blue, green, and yellow? Can you find something shiny, something tiny, and something that moves? How many interesting things can you find?

SHARE A LITTLE LAUGHTER.

Tell a silly joke, make a funny face, or play a game. Laughter doesn't make our sadness disappear, but it can bring a little joy to a hard day.

THANK GOD FOR ONE GOOD THING.

Even on sad days, we can find small gifts to thank God for. Maybe it's a sunny morning, a favorite book, a yummy snack, or a song you love. Can you think of one good thing today? Whisper a little thank-you to God!

YOU ARE LOVED BY GOD.

On happy days, sad days, and every day in between, God loves you exactly as you are. You never have to earn His love, hide your feelings, or pretend that everything is okay. You can tell Him anything, anytime. His love never changes!

A LITTLE PRAYER FOR BIG FEELINGS.

Dear Jesus, thank You for loving me through every feeling—happy, sad, excited, scared, and everything in between. Help me understand my feelings and share them in kind, helpful ways. When my heart feels heavy, remind me that You are always near. Help me notice small gifts of joy, be gentle with others, and remember that Your love never changes. Amen.

chronic-joy.org/children

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