

All Feelings Have A Message



When I feel big emotions I can remind myself that emotions are normal and everyone goes through them. It is okay to sit with my emotions and think "what might they be trying to tell me?"



Sadness might be telling me that I've lost something important to me and I need to cry.



Anger might be telling me that something feels unfair or wrong.



Fear gets loud when I don't feel safe. It might be telling me to be careful or to be brave.



Confusion might be telling me that I need to slow down and ask for help.



Boredom might be telling me to do something creative or fun.



Surprise might be telling me that I wasn't expecting what happened.



Excitement might be telling me that I am really looking forward to something.

