

When Feelings Come Knocking

A GUIDED WORKBOOK
TO HELP CHILDREN
TUNE INTO THEIR EMOTIONS

 **amudim**
THE LEGACY OF MENDY KLEIN ZTL





Hello, my name is ANGER

I'm that strong feeling you get when something doesn't feel right or fair. I'm like a storm inside, and sometimes I make you feel like yelling, screaming or even throw things.

HOW I FIRST SHOW UP...

Everyone experiences me a little differently.

Your body gives you clues when I'm nearby.

What do you notice in *your* body?

- My face feels hot or turns red
- My heart beats faster
- My head starts to hurt
- My breathing gets quicker
- I clench my fists or tighten my jaw
- I feel knots in my stomach
- I want to shout or scream
- I can't sit still or calm down
- I feel the need to argue or talk back
- _____
- _____
- _____

I MIGHT SHOW UP WHEN...

- something feels unfair
- someone doesn't listen to you
- things don't go the way you expected

I can come quickly, and sometimes I feel really big.

WHEN I VISIT...

Draw a picture of yourself.

Color in where you feel me in your body - this could be in your face, chest, stomach, or anywhere else.

ANGER IS STRONG. YOU ARE STRONGER.

Anger can feel loud and powerful.
It can cause your body to react faster than it needs to.

But anger is a feeling - not who you are.
When you notice anger is visiting your body,
you can pause, ask for help, and choose what to do next.

SOME THINGS YOU CAN DO:

TAKE A SLOW BREATH

Breathe in slowly...
and breathe out.
A slow breath gives
your body a little
space when the storm
inside feels big.

PUT IT ON PAPER

Draw or write
what you're feeling.
Getting it out of
your head can help
you understand what
is happening inside.

TALK TO SOMEONE YOU TRUST

Talk to a parent, morah,
rebbe, or another
grownup you trust.
Talking about it can help
you feel bigger and the
anger feel smaller.

MAKE A PLAN FOR WHEN ANGER VISITS:

I know anger is visiting when...

Next time anger visits, I will try...



Hello, my name is ANXIETY

I'm the worried feeling that asks, "What if?" and sometimes I cause you to worry about things that probably won't even happen. I can make your body feel jumpy, tight, fluttery, or like it's hard to settle down.

HOW I FIRST SHOW UP...

Everyone experiences me a little differently.

Your body gives you clues when I'm nearby.

What do you notice in *your* body?

- My heart feels like it is racing
- My stomach feels upset
- My hands feel sweaty or shaky
- My breathing is quick or hard to slow down
- My thoughts keep asking, "What if?"
- I'm having trouble falling asleep
- I want to hide, leave, or avoid something
- I keep pacing or can't sit still
- I keep asking the same question again & again
- _____
- _____
- _____

I MIGHT SHOW UP WHEN...

- something feels new
- you don't know what will happen next
- you're worried something might go wrong

I can make small worries seem huge.

WHEN I VISIT...

Draw a picture of yourself. Color in where you feel me in your body - this could be in your face, chest, stomach, or anywhere else.

ANXIETY IS BUSY. YOU CAN CALM IT DOWN.

Anxiety can feel jumpy and busy.
It can make your body worry faster than it needs to.
But anxiety is a feeling - not who you are.
When you notice anxiety is visiting your body,
you can pause, ask for help, and choose what to do next.

SOME THINGS YOU CAN DO:

TAKE A DEEP BREATH

Breathe in slowly
while you count to 3.

Breathe out slowly
while you count to 5.

This gives you something
else to think about.

KEEP YOUR HANDS BUSY

Hold a fidget, pencil,
or something small.

Giving your hands
something to do
can help your body
feel more settled.

TALK TO SOMEONE YOU TRUST

Talk to a parent, morah,
rebbe, or another
grownup you trust.

Talking about it can help
you feel safer and the
worry feel smaller.

MAKE A PLAN FOR WHEN ANXIETY VISITS:

I know anxiety is visiting when...

Next time anxiety visits, I will try...



Hello, my name is

SADNESS

I'm the quiet feeling that visits when something hurts, changes, or feels heavy inside.

I'm like a rainy cloud, and sometimes I cause you to cry, need rest, or need someone safe to stay close.

HOW I FIRST SHOW UP...

Everyone experiences me a little differently.

Your body gives you clues when I'm nearby.

What do you notice in *your* body?

- My eyes are watery
- My body feels heavy
- I feel like crying
- I want to be alone
- I don't have much energy
- I don't feel like talking
- I don't feel like eating
- I don't enjoy things I usually do
- I can't stop thinking about what upset me
- _____
- _____
- _____

I MIGHT SHOW UP WHEN...

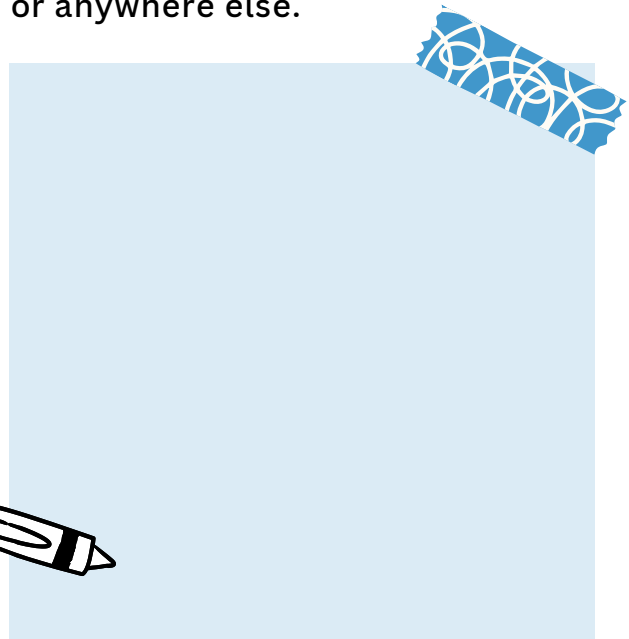
- something important changes
- someone hurts your feelings
- you miss someone or something

I can feel quiet, heavy, and hard to explain.

WHEN I VISIT...

Draw a picture of yourself.

Color in where you feel me in your body - this could be in your heart, eyes, chest, or anywhere else.



SADNESS IS TIRED. YOU CAN HELP IT REST.

Sadness can feel quiet and heavy.

It can make your body want to slow down, cry, or be alone.

But sadness is a feeling - not who you are.

When you notice sadness is visiting your body, you can let it out gently, ask for comfort, and choose what you need next.

SOME THINGS YOU CAN DO:

TALK TO SOMEONE YOU TRUST

Talk to a parent, morah, rebbi, or another grownup you trust. Talking about it can help you feel safer and less alone.

LET IT OUT GENTLY

You can cry, draw, or write what you're feeling. Letting it out can help your heart feel a little lighter.

FIND SOMETHING COMFORTING

Hold a stuffed animal, wrap in a blanket, or read a book. Small comforts can help your body feel safe and help ease the hurt.

MAKE A PLAN FOR WHEN SADNESS VISITS:

I know sadness is visiting when...

Next time sadness visits, I will try...



Hello, my name is

ANNOYED

I'm the bothered feeling that visits when something keeps bugging you. I'm like a tiny itch you can't reach. Sometimes I make you feel like snapping at someone, or losing your patience.

HOW I FIRST SHOW UP...

Everyone experiences me a little differently.

Your body gives you clues when I'm nearby.

What do you notice in *your* body?

- My voice sounds sharp
- My face scrunches up and is tight
- I find myself rolling my eyes
- I clench my hands or jaw
- I can't seem to sit still
- I feel impatient
- I want the person, noise, or thing to stop
- I need some space to myself
- Small things bother me more than usual
- _____
- _____
- _____

I MIGHT SHOW UP WHEN...

- something keeps interrupting you
- a sound or person bother you
- you're tired, hungry, or need space

I can make things feel really hard to ignore.

WHEN I VISIT...

Draw a picture of yourself.

Color in where you feel me in your body - this could be in your face, hands, shoulders, jaw, or anywhere else.



ANNOYED IS LOUD. YOU CAN LOWER IT.

When annoyed visits, things can feel prickly and loud. It can make your body want to sigh or react faster than it needs to.

But annoyed is a feeling - not who you are. When you notice annoyed visiting your body, you can pause, lower the volume inside, and choose what to do next.

SOME THINGS YOU CAN DO:

TAKE A SHORT BREAK

Step away for a minute if you can. A short break gives your body a little space when small things feel big.

MOVE YOUR BODY

Stretch, walk, or shake out your hands. Moving your body can help some of the irritation leave your system.

TALK TO SOMEONE YOU TRUST

Talk to a parent, morah, rebbi, or another grownup you trust. Talking about it can help you feel calmer and the annoyance feel smaller.

ANNOYED

MAKE A PLAN FOR WHEN ANNOYED VISITS:

I know annoyed is visiting when...

Next time annoyed visits, I will try...



Hello, my name is

HAPPINESS

I'm the bright feeling that visits when something feels good, fun, or just right. I'm like sunshine inside, and sometimes I make you smile, laugh, share, or move around with lots of energy.

HOW I FIRST SHOW UP...

Everyone experiences me a little differently.

Your body gives you clues when I'm nearby.

What do you notice in *your* body?

- My heart feels light
- My body feels warm or bubbly
- I smile or laugh a lot
- I enjoy sharing with others
- I have more energy
- I want to dance, jump, or move
- I feel relaxed and comfortable
- I look forward to what comes next
- I want to try something new
- _____
- _____
- _____

I MIGHT SHOW UP WHEN...

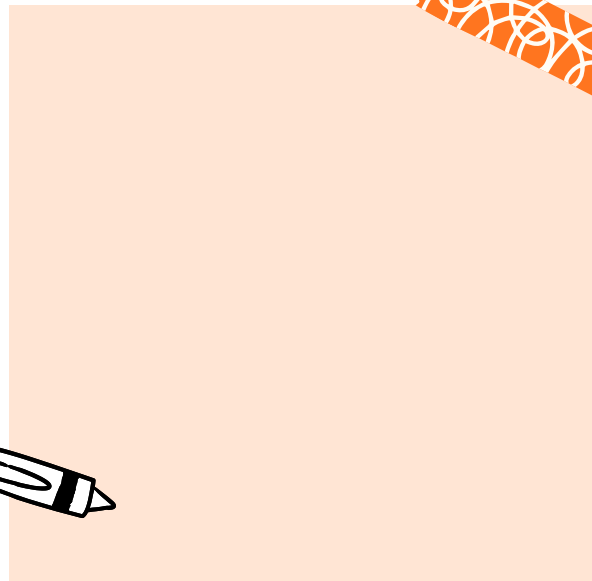
- something good happens
- you feel proud of yourself
- you are with people you enjoy

I can feel bright, warm, and easy to share with others.

WHEN I VISIT...

Draw a picture of yourself.

Color in where you feel me in your body - this could be in your heart, cheeks, hands, or anywhere else.



HAPPINESS IS BRIGHT. YOU CAN HELP IT GROW.

Happiness can feel warm and light.
It can make you want to smile, laugh, and move around.

When happiness visits,
you can notice it, enjoy it,
and share it in a kind way.

SOME THINGS YOU CAN DO:

NOTICE THE GOOD

Pause and think
about what feels
good right now.

Noticing happy
moments can help
them feel even bigger.

SHARE IT WITH SOMEONE

Smile, laugh, tell a joke,
or share good news.

Sharing happiness
can help someone else
feel happy too.

THANK HASHEM

Take a moment to think
about something good.

You can thank Hashem
for the people, moments,
and brachos in your life.

MAKE A PLAN FOR WHEN HAPPINESS VISITS:

I know happiness is visiting when...

Next time happiness visits, I will try...



Hello, my name is

EXCITEMENT

I'm the bright, bubbly feeling that visits when something feels fun, special, or new. I'm like a happy spark inside, and sometimes I make you feel like jumping, talking, laughing, or move around.

HOW I FIRST SHOW UP...

Everyone experiences me a little differently.

Your body gives you clues when I'm nearby.

What do you notice in *your* body?

- My body feels wiggly
- My heart beats faster
- My stomach feels fluttery
- I smile or laugh more
- I talk faster or louder
- I can't sit still
- I want to tell someone right away
- I feel full of energy
- It feels hard to wait
- _____
- _____
- _____

I MIGHT SHOW UP WHEN...

- something fun is about to happen
- you get good news
- you're waiting for something special

I can feel very big...in a good way, and hard to hold inside.

WHEN I VISIT...

Draw a picture of yourself.

Color in where you feel me in your body - this could be in your chest, belly, hands, feet, or anywhere else.



EXCITEMENT IS JOYFUL.

YOU CAN SHARE THE SIMCHA.

Excitement can feel bright and full of energy. It can make your body want to move, talk, laugh, or jump.

Excitement is a feeling - not who you are.

When you notice excitement visiting your body, you can enjoy it, thank Hashem, and use it to do good.

SOME THINGS YOU CAN DO:

SHARE THE JOY

Tell someone your good news.
Sharing excitement can make the happy feeling even bigger.

DO A CHESED

Use your excited energy to do something kind.
You can help someone, include someone, or make someone smile.

THANK HASHEM

Take a moment to say thank you.
Noticing good things helps your heart feel happy, full, and grateful.

MAKE A PLAN FOR WHEN EXCITEMENT VISITS:

I know excitement is visiting when...

Next time excitement visits, I will try...
