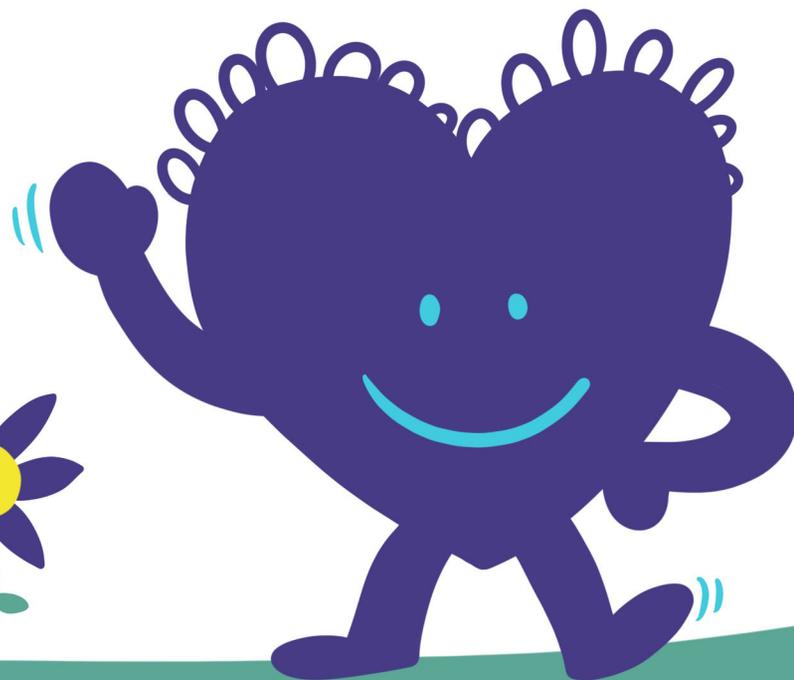




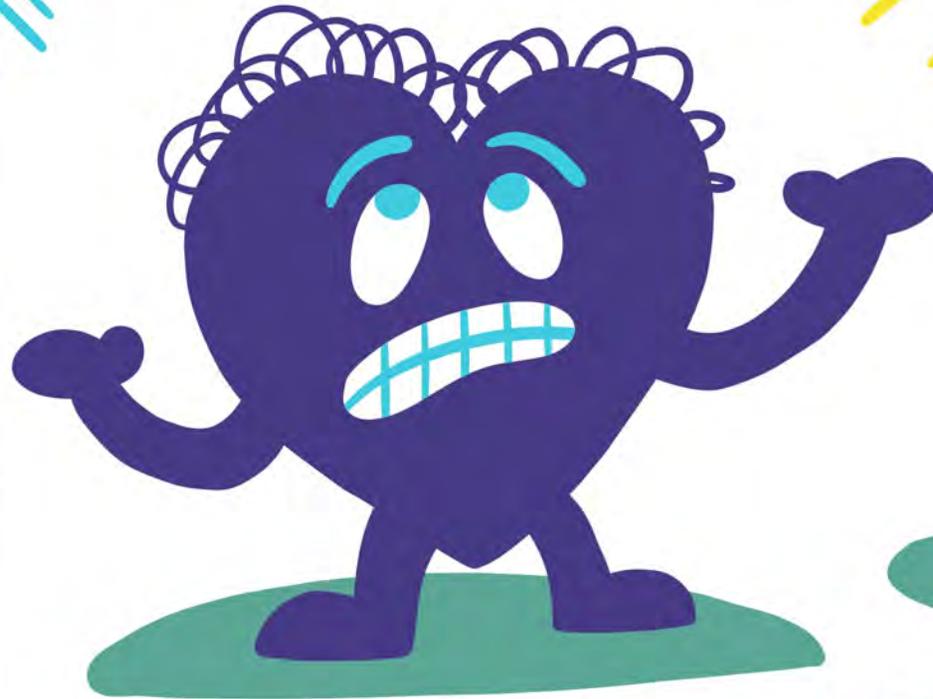
MY BIG FEELINGS

AND THE BIG BAD VIRUS



BY EMILY ADLER MOSQUEDA, MS, CCC-SLP

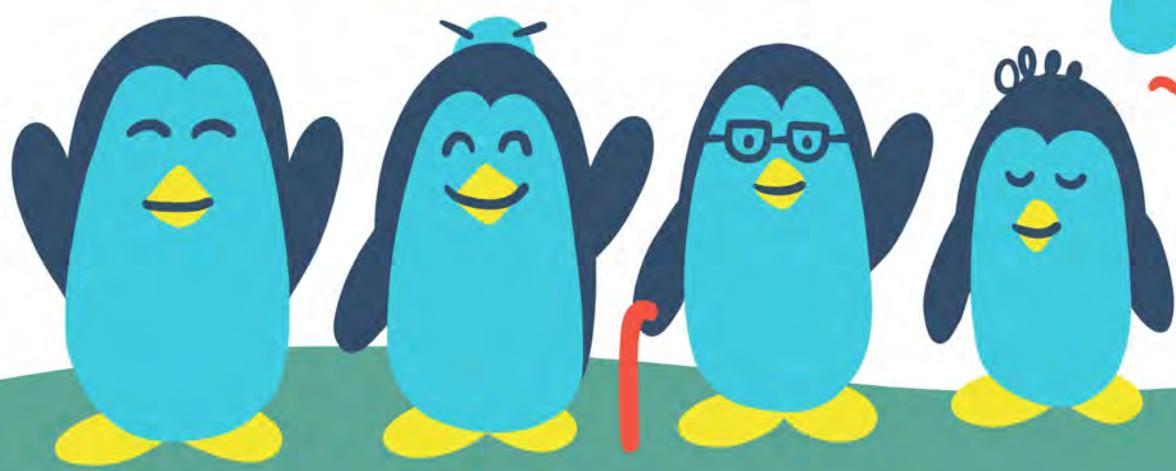
**I FEEL
DIFFERENT.**



**I HAVE BIG FEELINGS
MORE THAN I USED TO.**



I HAVE THESE
FEELINGS
BECAUSE I CAN'T GO
TO SCHOOL,
SEE MY FRIENDS,
OR SPEND TIME
WITH RELATIVES.



**I DIDN'T DO
ANYTHING
WRONG OR
BAD.**



**I AM
STILLA
GOOD
PERSON.**



**THERE IS A
BIG BAD
VIRUS**
THAT IS MAKING
PEOPLE, ALL OVER
THE WORLD,
VERY SICK.

**IN SOME PLACES
PEOPLE ARE DYING**



**I HAVE TO
STAY HOME AND
AWAY FROM
PEOPLE AND
PLACES
I LIKE RIGHT
NOW.**



**THIS KEEPS
OTHERS AND
MYSELF
HEALTHY.**



**I AM A
HELPER
BY STAYING
HOME**

STAYING HOME IS HARD.



I WANT TO KEEP OTHERS
HEALTHY AND IT'S VERY
HARD NOT DOING THINGS
I USED TO DO.



Oh
I FEEL VERY
BIG FEELINGS
ABOUT ALL
THESE CHANGES.



$$2+2=-$$



I MISS GOING TO THE PARK,
HUGGING MY FRIENDS,
LEARNING AT SCHOOL,
AND PLAYING AT RECESS.



WHEN I THINK OF ALL THESE THINGS,
I FEEL **HEAVY** AND **STUCK** IN ONE
SPOT LIKE A ROCK.



INSIDE MY TUMMY,
IT FEELS LIKE THERE ARE

 **KNOTS** 



**I CLENCH
MY FISTS**



**I YELL AND CAN'T
ALWAYS LISTEN
WELL TO MY
MOM OR DAD.**



**SOMETIMES MY
FEELINGS ARE
SO BIG I WANT
TO HIT AND KICK.**

**I CAN DO THINGS TO
FEEL BETTER AND MAKE
THIS HARD TIME A LITTLE
EASIER. I CAN LEARN HOW
TO CALM DOWN AND BE
THE BOSS OF MY BODY
AND FEELINGS.**



**WHEN I FEEL
WIGGLES**
~~~~~
**IN MY ARMS
AND LEGS AND
WANT TO HIT
OR KICK,**
~~~~~



**I CAN SQUEEZE
MYSELF ALONG
MY SHOULDERS
AND DOWN
MY ARMS.**





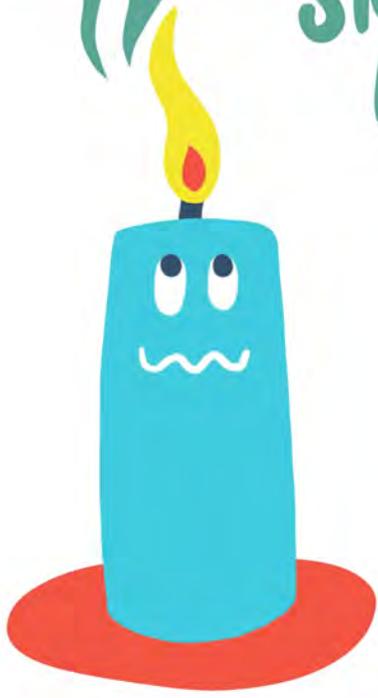
**I CAN ALSO GIVE
MYSELF A BIG
TIGHT HUG AND
COUNT TO FIVE.**

1, 2, 3, 4,



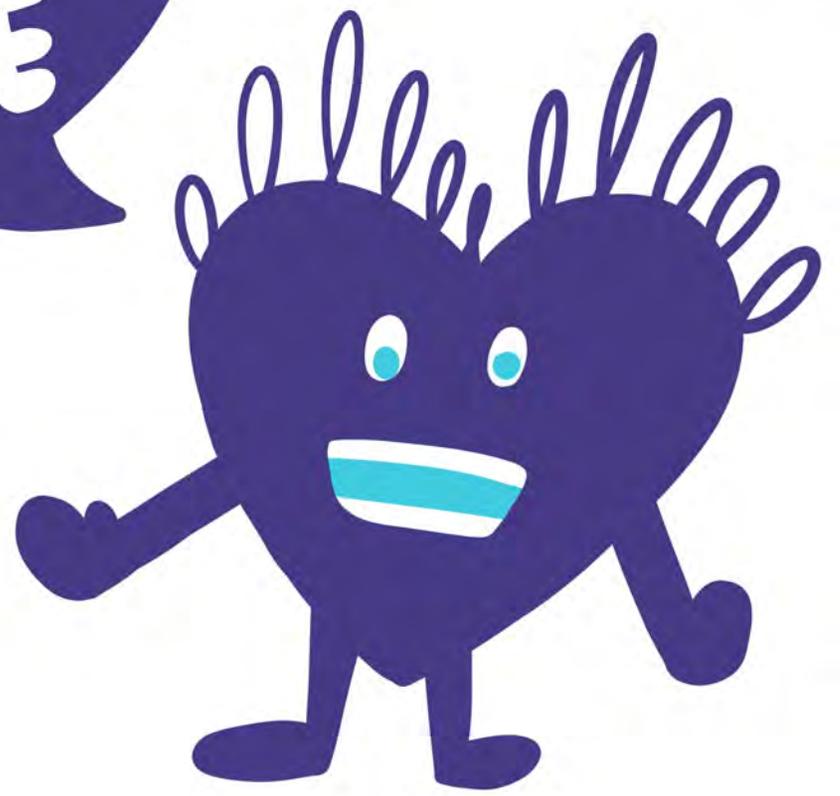
I CAN TAKE
SLOW, DEEP
BREATHS.

I CAN PRETEND TO
SMELL A FLOWER AND
BLOW OUT A CANDLE.





I CAN SAY
"I NEED A BREAK"
AND GO AWAY FROM PEOPLE
AND REST IN MY
ALONE ZONE



IF I FEEL SAD, I CAN CRY,

CRYING HELPS MY BODY
LET GO OF THE SADNESS AND
MAKES MORE SPACE FOR ME
TO BE HAPPY, LATER.

I CAN DRAW A
PICTURE, OR GET HELP
WRITING A LIST, OF THE
THINGS AND PEOPLE,
I MISS.



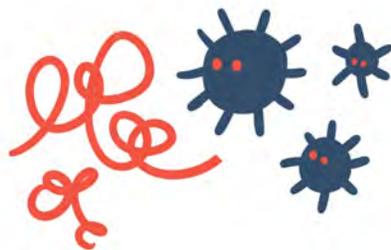
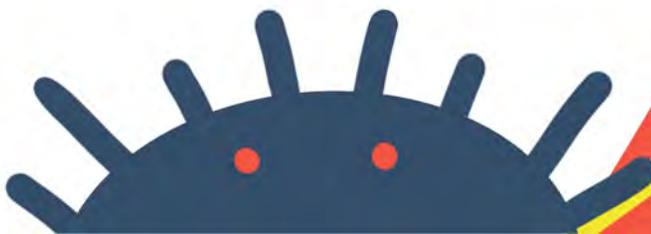
I AM FEELING GRIEF.
FEELING MY GRIEF HELPS ME
MOVE TOWARDS BEING HAPPY.



WHEN I FEEL
REALLY MAD,

I CAN
PRETEND TO **THROW**
MY ANGER **AT THE**
BIG BAD
VIRUS.

I CAN SCRIBBLE ON PAPER REALLY HARD,
OR PUNCH A PILLOW, TO GET MY MAD OUT.
FEELING MY ANGER GETS
IT OUT OF MY BODY AND
HELPS ME TO CALM DOWN.



WHEN I'M CALM, I HAVE GOOD IDEAS.



I AM RESILIENT.
THAT MEANS I CAN DO HARD THINGS,
LIKE STAYING HOME.



MY SMART BRAIN
HELPS ME THINK OF
FUN THINGS TO DO
ALONE OR WITH MY
FAMILY WHEN
I'M **CALM.**



MY WHOLE FAMILY HAS BIG FEELINGS

**THE BIG BAD VIRUS HAS CHANGED
THEIR LIVES, TOO. MY WHOLE
FAMILY IS LEARNING
TO BE RESILIENT
AND THE BOSS
OF THEIR BODIES
AND BIG FEELINGS.**



**SOMETIMES WE REMEMBER WHAT WE CAN DO TO GET CALM,
AND SOMETIMES WE FORGET. THAT'S OKAY!
WE WILL TRY AGAIN. WE ARE LEARNING.**

**I AM FLEXIBLE
AND PATIENT
WHEN MY
MOM OR DAD
TAKES A
BREAK.**



**SOMETIMES
IT IS
HARD TO
WAIT.**



**I CAN CALM
MYSELF WHILE I WAIT.
I CAN TAKE SLOW DEEP BREATHS,
HUG MYSELF, OR SPEND TIME
IN MY ALONE ZONE.**

I AM KIND. I AM GOOD.
I AM SAFE AT HOME.
I CAN CALM MY BODY.



I AM
RESILIENT



ALL MY FEELINGS ARE PART OF ME AND ARE GOOD TO FEEL.

I AM LOVED
AND THE BIG BAD
VIRUS WILL
SOMEDAY GO AWAY.



FOR THE BIG PEOPLE:

These are unprecedented times for everyone. Parents and caregivers of young children have a unique challenge. Managing our own emotions, along with theirs, is extra hard when sharing space with little to no breaks. Our children need us now more than ever. My older daughter's is 5 and I've had to learn how to actively manage her emotions and nervous systems as well as my own.

I developed this story by pulling from my background as a bilingual pediatric speech-language pathologist. Talking about emotions, expectations and change outright, helps children "get on board" and understand all the "whys." The brain learns best when it is not stressed. Carol Gray's Social Story™ design, which is effective for children with Autism, came to mind as I began this project. The style of Gray's stories presents new information in a digestible way to support children in learning new skills, particularly during this stressful time.

I wrote the story in the first-person to write a new mental script for the audience. The mind hears it as truth. This is called error-less learning. It's why affirmations are so effective.

Now, more than ever people of all ages need effective tools to find calm. Some of the calming strategies are Somatic Experiencing techniques designed to regulate the nervous systems. These are universal tools for self-care.

The story was written for preschool and early elementary school-aged children (along with your own inner child.) When you read it to kids, make any specific changes that fit your situation. For example, on the grief page list your child's most missed things. The more specific and individual the story the more effective it is.

Please know you are not alone and asking for help as an adult does not make you weak or suggest you've "failed" in any way.

Kindly,
Emily

Follow for more ideas and resources
Instagram: @emily.adler.mosqueda
Facebook: My Big Feelings
MyBigFeelings.com

DEFINITIONS:

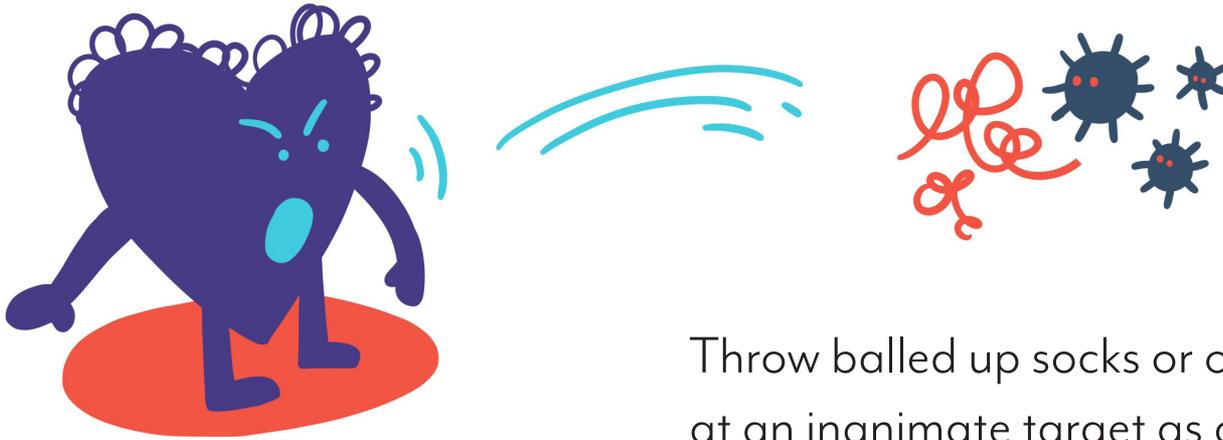
ALONE ZONE

A little special nook where your child can take some space.

(space in a closet, recycled box, under a bed, etc.)



THROW MY ANGER



Throw balled up socks or other soft items at an inanimate target as a controlled way to release pent up energy.



SMELL THE FLOWER AND BLOW OUT THE CANDLE

Pretend to smell something like a flower (inhale), and pretend to blow on something like a candle (exhale). Visualizing the actions helps children better understand the concept of taking calming breaths.



CALMING ACTIVITIES

Calming smells like lavender can help calm small as well as big people.



Move your body and get fresh air.
(as you're able to safely)



Blowing bubbles can be a nice activity to encourage calming breaths, and sparking smiles.

