



Dots with small to BIG Feelings

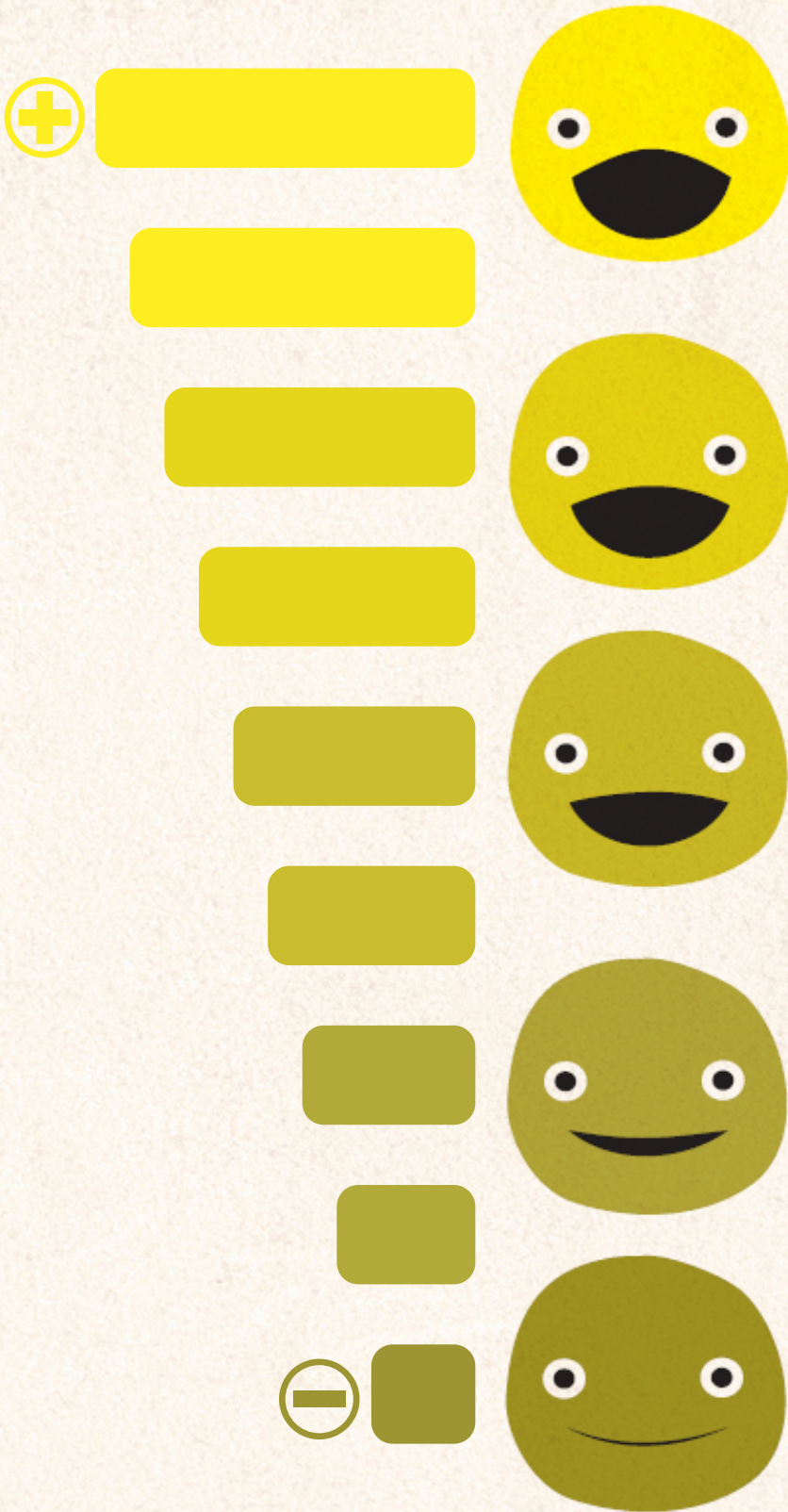
Not only do some dots have feelings, they can also help us learn about different strengths of feelings we all have, like you can feel a small amount of a feeling or it can turn up to be a bigger feeling as it gets stronger. Have you ever felt a little bit sad or lots of anger? Those are just a couple of examples.

Here are some feeling pages that each go from small to big for six feelings- Happy, Sad, Scared, Angry, Worried, Proud. These dots with feelings might be able to help us understand more about the feelings that go up and down inside of us.

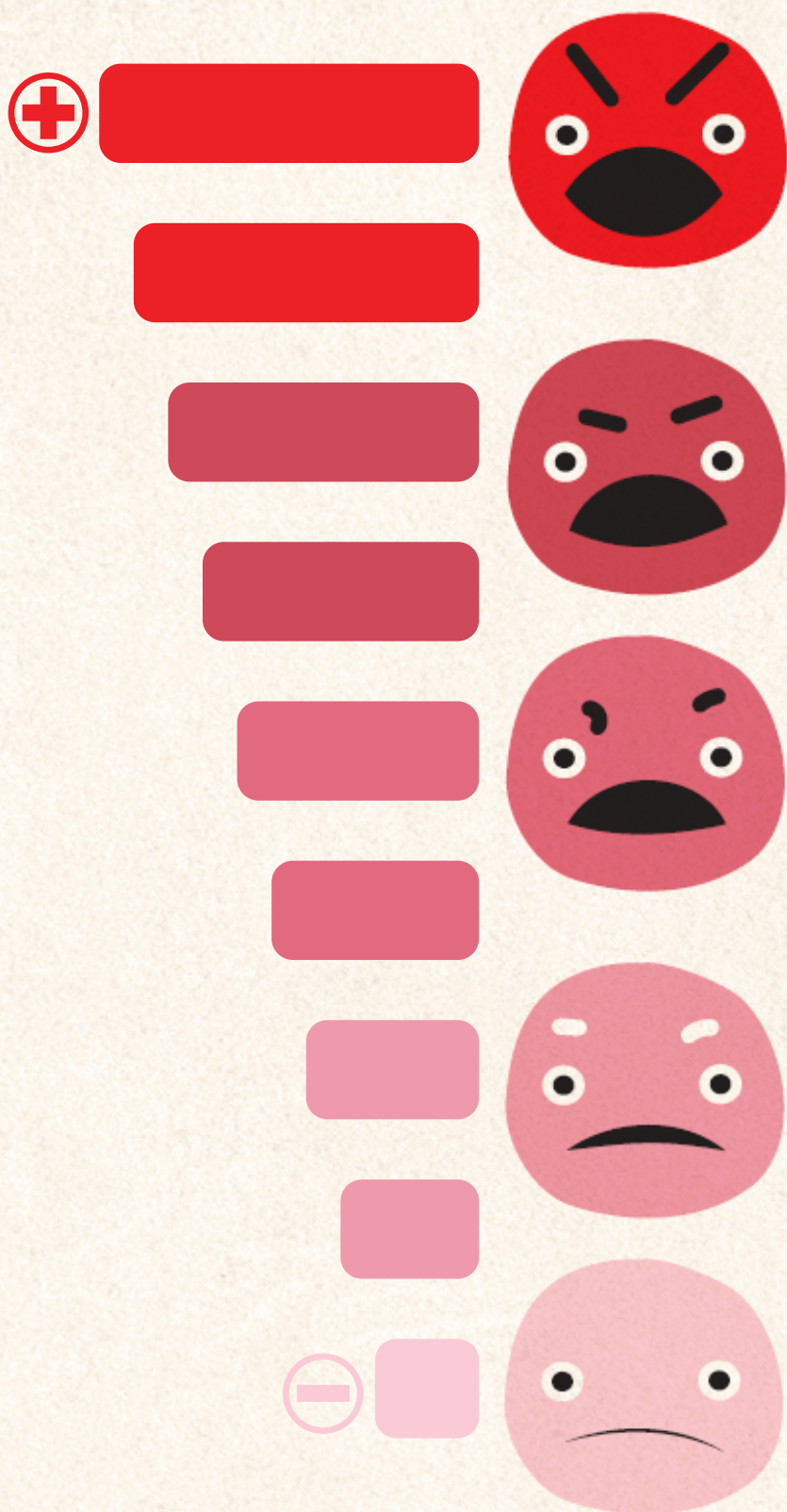
- Can you think of a time when one of your feelings suddenly got big for you? What was that like? What happened next?
- Big feelings grow from smaller feelings. What are some ways we can notice when our feelings are going up and down in size?
- We could use the small to big scale for any feeling to tell a story about when a feeling inside of us got bigger or smaller.
- Are there words or numbers we could put along the scale of a feeling as it gets bigger? Eg. 1,2,3,4,5,6? A little bit, a bit, some, a fair bit, very much? Or are there special words that go with particular growing feelings, like for Angry, it might start with irritated, annoyed, frustrated, cross, and finish with furious? Or there might be other words or numbers that feel more right to you?



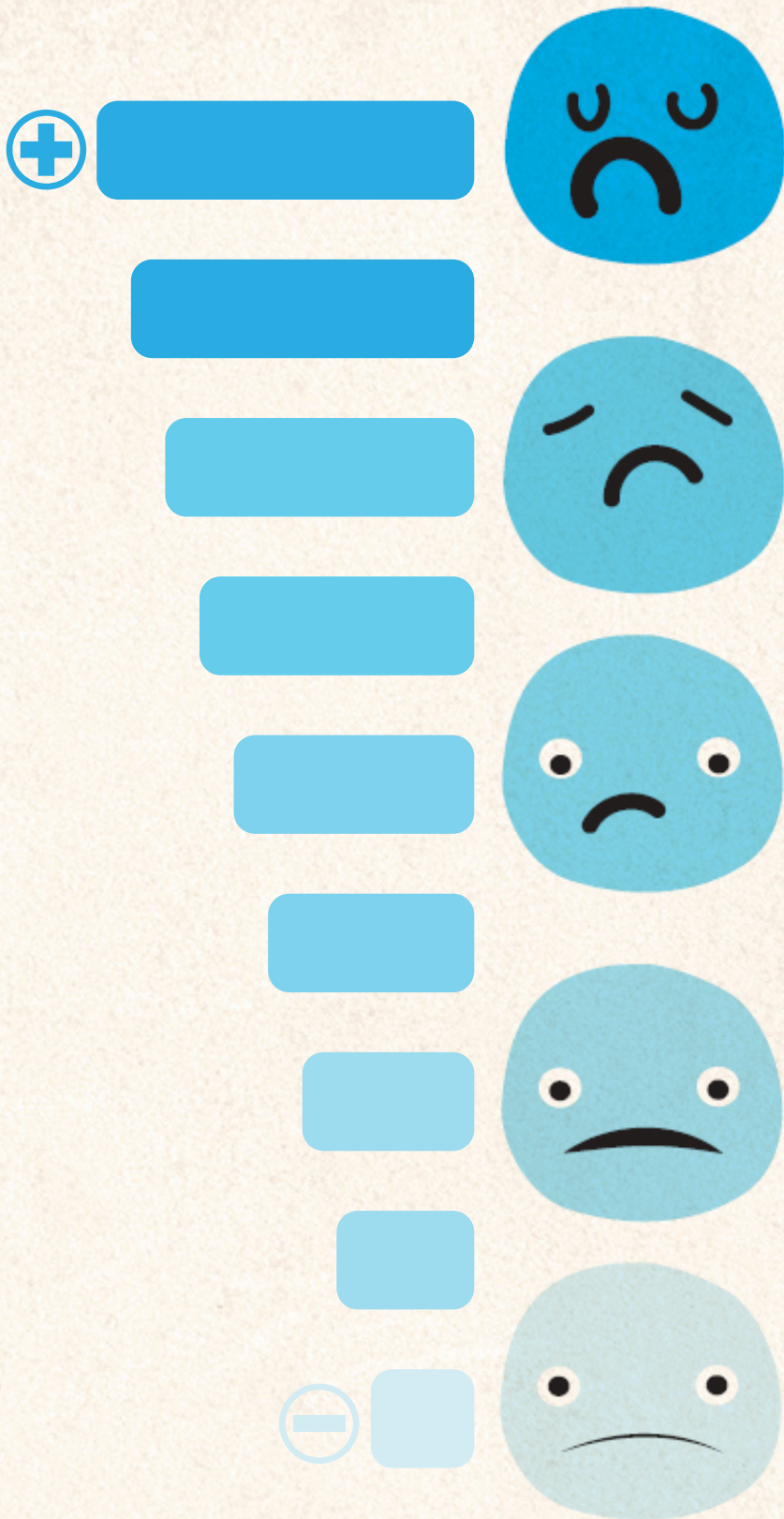
Happy



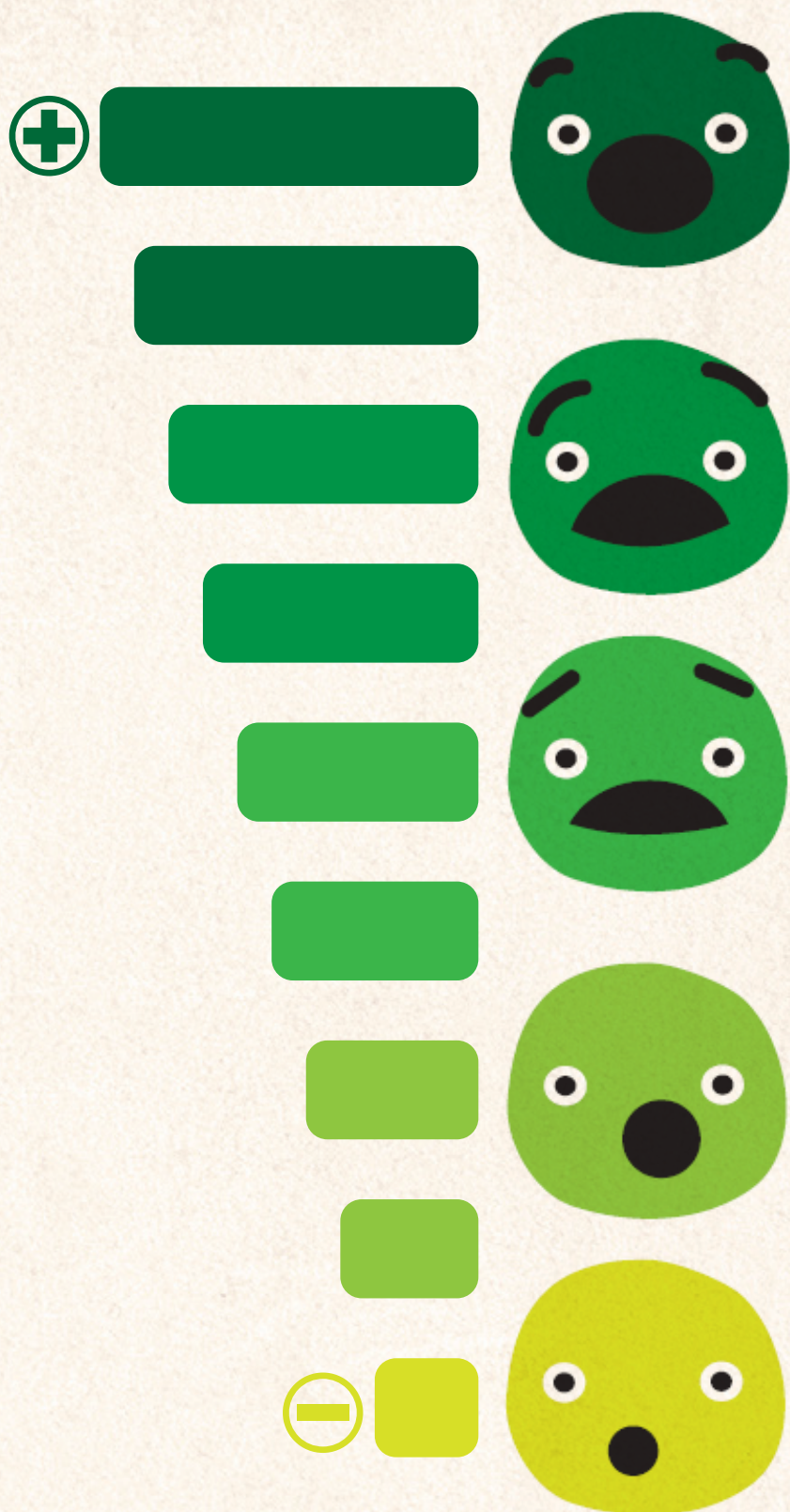
Angry



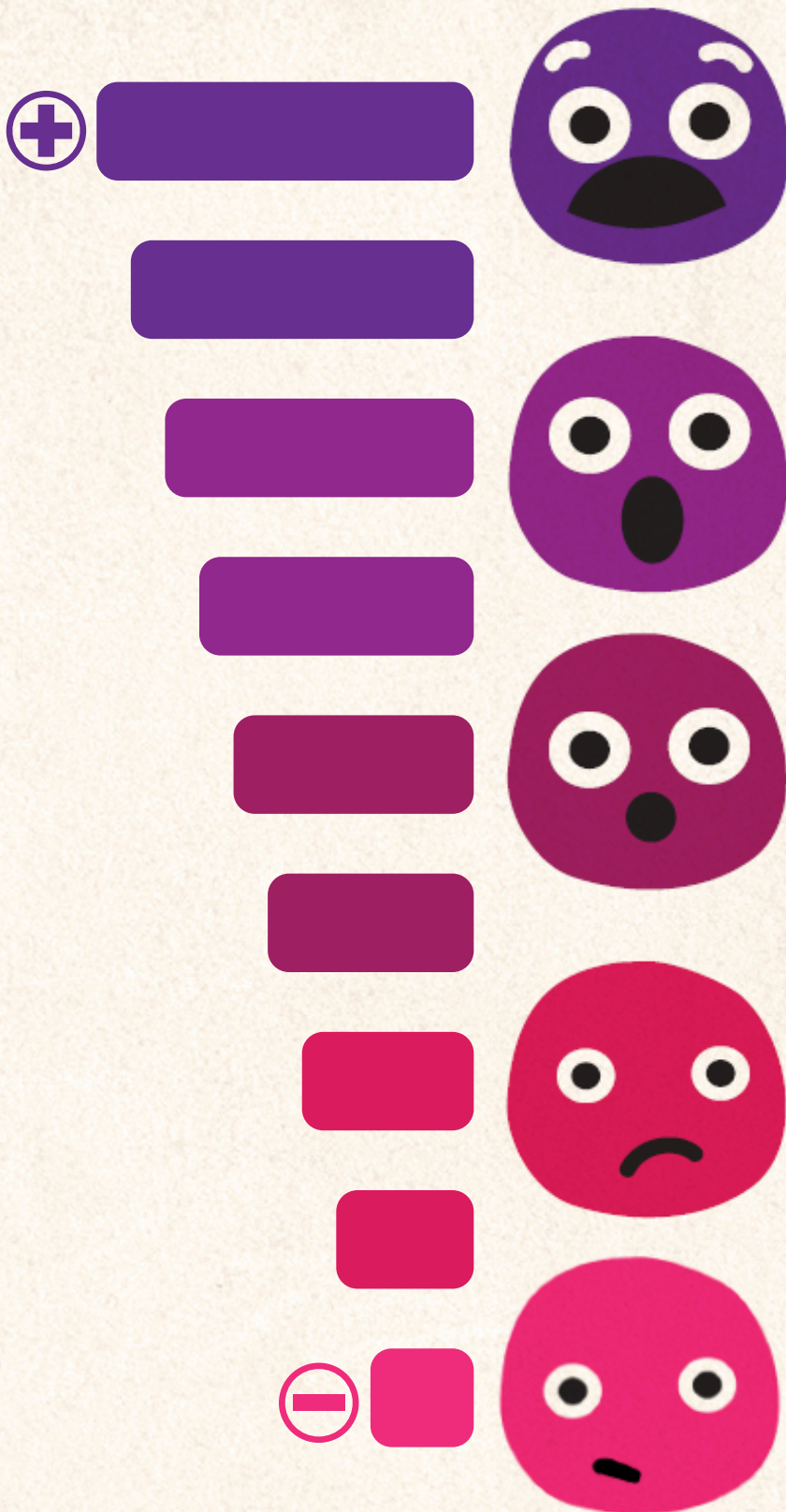
Sad



Scared



Worried



Proud

