Draw it your way

Some feelings are hard to name.
You can use colors, lines, shapes, or words.

My feeling could look like...

Want another way? Make a face,
point to a word, or tell someone.
You can leave this blank, too.

Write, draw, color—or just read. This is yours.

You don't have to hold it alone.

A trusted adult listens and helps you stay safe. You can talk to a relative, teacher, school counselor, nurse, coach, or family friend.

Try saying: "I have a big feeling. Can you help me?"

If the first person does not help, tell another trusted adult.

My support plan

Someone I can tell:

_____

Words I can use:
"I feel ____. Can you listen?"

988 Suicide & Crisis Lifeline
Call or text 988 for support in a crisis.

Immediate danger or
medical emergency? Call 911.

Progress is Progress LLC

Mile or a Millimeter
www.progresscounselingprograms.com

Big Feelings Have Names

Feelings give us clues.
We can learn to notice them.



Every feeling belongs.
You deserve help with the hard ones.

Mile or a Millimeter

What fits today?

You might feel one thing, a few things, or something you cannot name yet. That is okay.



Happy



Sad



Mad



Scared

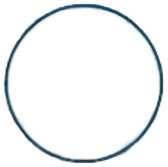


Worried



Mixed up

Circle a word, color a face, or draw your own.

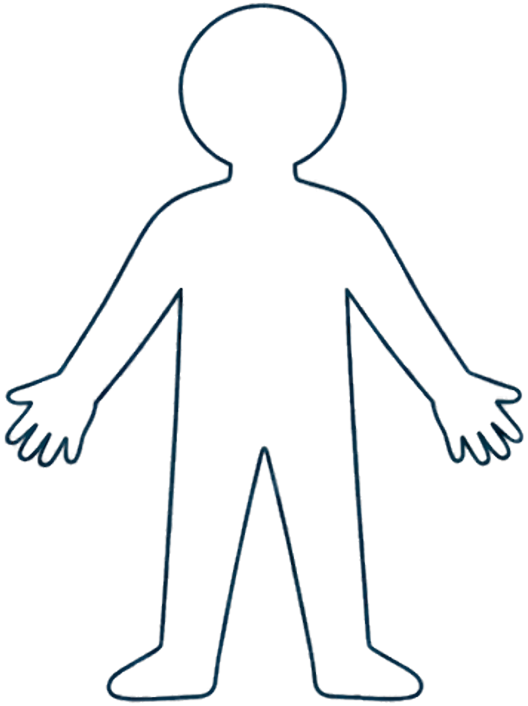


My own word: _____

You can feel happy and worried at the same time. Feelings can change.

Where do you notice it?

Feelings can show up in your body. You might notice a tight tummy, warm cheeks, or busy feet. Everyone is different.



Color or mark where you notice a feeling. Use any colors you want.

- ◯ _____
- ◯ _____
- ◯ _____

Not sure? You can skip this. There is no right answer.

If something hurts or feels wrong in your body, tell a trusted adult.

One thing that might help

You do not have to make a feeling disappear. Try one safe thing and notice how you feel.



MOVE: Stretch, wiggle, or move in a way that works for you.



NOTICE: Feel your feet on the floor. Find three things you can see.



MAKE: Draw, build, hum, or listen to music.



CONNECT: Ask someone safe to sit with you.

If one thing does not help, try another or ask for help.

All feelings are okay. If you feel like hurting yourself or someone else, tell a trusted adult right away.

One thing I want to try: _____

A mile or a millimeter. One small step counts.