WHEN BIG FEELINGS COME IN WAVES

www.AnxietyHelpBox.com

Sometimes feelings feel small.
Sometimes they feel HUGE.
You can't stop the wave, but you can learn to surf it.

WHAT CAN HELP?

1 STOP & NOTICE

Notice what you are feeling and where it shows up in your body.

2 NAME IT

Give your feeling a name. It helps your brain understand it.

3 BREATHE SLOW

Take slow, deep breaths.
Breathe in through your nose.
Breathe out through your mouth.

4 USE YOUR TOOLS

Use something that helps: draw, write, squeeze, move, listen to music, talk, or take a break.

5 RIDE THE WAVE

Big feelings don't last forever. They rise, peak, and slowly pass.

6 BE KIND TO YOURSELF

You're doing your best. Be kind to yourself while the feeling passes.

- All feelings are OK.
- It's OK to ask for help.
- You are stronger than you think.

Anxiety Help Box

Free Anxiety Resources

www.AnxietyHelpBox.com

Worksheets | Self-Help Guides | Coping Tools

1 **See our website www.AnxietyHelpBox.com for more FREE resources.**

2 **Follow us on Facebook to stay up-to-date.**

Anxiety Tools and Resources - free, www.AnxietyHelpBox.com

3 **Please respect our work.**

©EDITA STIBOROVA (2026) ALL RIGHTS RESERVED.

This printable PDF resource may be used free of charge by individuals and not-for-profit organisations for work with families and for training purposes, provided that no changes are made to the content.

You may not upload this resource to your own website, social media page, social media group, file-sharing platform, or any other online location.

You may share a link to www.AnxietyHelpBox.com from your website, social media page, or group. You may also share our resources directly from our Facebook, Instagram, or Pinterest pages using the platform's share function.

We regularly monitor websites, social media, and file-sharing platforms for unauthorised copies of our resources and take action to protect our copyright.

FREE PDF DOWNLOAD

When Big Feelings Come in Waves

Big Feelings in Waves is a child-friendly emotional regulation poster that uses a surfing metaphor to explain how intense emotions change over time. It gives children six practical coping prompts: notice the feeling, name it, breathe slowly, choose a helpful tool, ride the wave and practise self-kindness.

Suitable for parents, carers, teachers, school wellbeing staff and professionals working with primary-aged children, it can be displayed in a classroom calm-down area, counselling room, home or sensory space. Children can use it as a visual reminder during anxiety, anger, worry, frustration or distress, while adults can refer to each step when helping them settle and communicate what they need.