

# 5 Steps to Managing Big Emotions

**2.**

Take 3 deep breaths  
or count slowly  
to 10.

**3.**

Use my words to say  
how I feel and what  
I wish would happen.

**4.**

Ask for help  
to solve the  
problem.

**1.**

Remind myself that  
it is never okay  
to hurt others.

**5.**

Take time to  
calm down.



**HELPING CHILDREN LEARN TO COPE**  
*printable poster*