

Sometimes when I have big feelings,  
I want to hit, kick or yell.



With help from a grown-up, I can  
**TAKE A DEEP BREATH AND  
TALK ABOUT MY BIG FEELINGS**  
to help me  
feel calm and safe.

Funding for this project was provided by the Missouri Department of Health and Senior Services, through the Health Disparities Program Office, contract #DH230052264. This project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$35,569,951 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official view of, nor an endorsement, by CDC/HHS, or the U.S. Government.

