

Chapter 7: Big Feelings

Lily: "Big feelings are OK. Breathe slow, and tell someone you trust!"

Every Ranger sometimes feels scared, sad, cross or worried. That's normal. Brave Rangers notice their feelings and share them.

What Rangers know

- **Name it.** "I feel scared." "I feel sad." Naming a feeling makes it a little smaller.
- **Slow breathing.** Smell the flower (breathe in slowly), blow out the candle (breathe out slowly), five times. Bubbles work too.
- **Body helpers.** A hug, squeezing a soft ball, holding your comfort toy, stretching tall.
- **Talk to someone you trust.** That can be your grown-up, a teacher or a helper in a safe play space.
- **Three good things.** At bedtime, think of three good things from today.
- **Keep doing normal things.** Play, draw, sing, learn and help. Routines help hearts feel safe.
- **Kindness heals.** Welcome someone new and learn their hello. Friends can come from every side.
- **When to tell straight away:** if you can't sleep for many nights, don't want to eat or play, or someone hurts you or makes you feel unsafe.

- **Psychological first aid for kids: Look, Listen, Link.** **Look:** notice who seems sad, scared or alone. **Listen:** sit with them and let them talk if they want; don't push. **Link:** help them find a safe grown-up, a helper or the child-friendly space.
- **Grief and bad dreams.** Missing someone or something is normal; nightmares happen after hard things. Tell a grown-up, keep bedtime routines, and see the Ranger Grief Center pages.
- **When to get more help:** feelings that stay very big for weeks, not eating or sleeping, or thinking about hurting yourself. Tell a grown-up straight away.

Ranger checklist

- ☐ I know Look, Listen, Link.
- ☐ I know when to get more help.
- ☐ I can name three feelings.
- ☐ I can do five slow breaths.
- ☐ I know who I can talk to.
- ☐ I said three good things at bedtime.
- ☐ I did one kind thing for someone new.

Earn your badge (Strong Heart · Calm Heart 🌙 · Kindness Heart 💙 · Courage Star)

Level	Strong Heart / Calm Heart	Kindness Heart
❤️ Heart	Say: "Big feelings are OK."	n/a
🥉 Bronze	Do the slow breathing.	1 kind act a grown-up saw
🥈 Silver	Used it when upset.	3 kind acts
🥇 Gold	Helped a friend calm down.	Helped someone

Level	Strong Heart / Calm Heart	Kindness Heart
		new feel welcome
 Platinum	Help a grown-up lead a calm-down game for a group.	n/a
Character badges are given by a grown-up for deeds, never tested.		

Watch and learn

Planned: Big Feelings · Boredom and Sadness · New Friends, Many Cultures · Child-Friendly Spaces · Pace, Rest, Encourage · Bedtime Stories (the Calm Heart skills) · Go Bag #GB1 (comfort toy)

Grown-up note

Stay calm, listen, and give honest, simple answers. Keep routines going. Seek support from psychosocial services (child-friendly spaces) when a child's distress lasts or grows. Never press a child to retell bad events.