

My Fizzy Feelings

Noticing when feelings start to build

Feelings can change in strength. Sometimes they feel small and manageable and sometimes they grow until everything feels like too much.

Our bodies can give us clues along the way. We might notice changes in how our bodies feel, how we think or what we feel like doing. Learning to notice these early signs can help children begin to recognise when their feelings are building and when they might need support.

This resource uses the idea of a fizzy drink to help children explore what happens as feelings grow. Just like bubbles building inside a can, feelings can become bigger and more intense — and, with time and support, they can settle again.

There is no right or wrong way for a child to experience a big feeling. Each child may notice different signs and find different things helpful.

Explore the stages together, notice the child's own clues and discover what helps their bubbles settle. The goal isn't to prevent the bubbles. It's helping children learn that they can move through them.



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What Helps My Bubbles Settle?

It's okay to have big feelings. What matters is that we find what helps.



Ideas to help me feel calmer, safer and more in control.

When my feelings are starting to get big, or after they've been really big, these are some things that might help me. Everyone is different, so I can try different ideas and find what works best for me.

BREATHE



Take some slow, gentle breaths.

MOVE



Walk, stretch, shake or move my body.

COMFORT



Find something that helps me feel safe and comfortable.

EXPRESS



Draw, write or show what I'm feeling.

CONNECT



Tell or stay close to a grown-up I trust.

SPACE



Spend some time somewhere quieter, if that helps me.



Something that helps ME:

What else helps you? It might be something different to the ideas above.



Remember...

Big feelings don't stay big forever. With time, support and the right help, my bubbles can settle again.



SMALL STEPS. BRIGHTER DAYS.

