BIG FEELINGS?

It's OK! Let's Learn About Feelings That Happen When We Feel Left Out, Told Off, or Not Good Enough.

A little guide for kids with BIG hearts and BIG feelings.



Arise Coaching



WHAT IS RSD?

Sometimes, people with busy brains (like ADHD) feel REALLY sad, angry, or hurt when:

- Someone says "no"
- A friend leaves them out
- They make a mistake
- A teacher tells them to try again

That's called Rejection Sensitive Dysphoria — or RSD for short.

It means your brain and heart feel things extra deeply. That's not wrong—it just means you care a LOT.

IT MIGHT FEEL LIKE:

"I'm not good enough!"
"They don't like me!"
"I'll never get this right!"
"I want to hide or cry!"



Your feelings are real, and it's OK to feel them.
Let's learn how to help your heart feel better.

Helping your heart calm down

1. **Breathe like a dragon:**
In... out... big dragon breaths. 5 times.

2. **Hug your calm toy**
Or draw your feelings with colours.

3. Say to yourself:
"I'm learning."
"Everyone makes mistakes."
"I am loved no matter what."

4. **Tell a grown-up**:
Say, "I'm having big feelings right now."



ARISE COACHING 2025