



Based on Book 1: Lottie's Big Feelings

A Protective Behaviours Resource

Discover a world of emotional intelligence and resilience in this must-read children's book Lottie's Big Feelings. Through captivating illustrations and relatable stories, young readers will learn to identify and express their feelings, and develop the skills to manage big emotions.

What's in the book

- Empower children to recognize and name a variety of emotions
- Encourage safe and open communication about feelings
- Transform problem-solving skills to regain a sense of safety and calm
- Heighten awareness of emotions in others and how they impact our own feelings and physical sensations.
- Learn the reactions between feelings and the physical sensations (Early Warning Signs - EWS) in their bodies for managing emotional distress.
- Learning help-seeking strategies and the importance of having a Safety Network of trusted adults.
- Suitable for ages 4 to 7

Included in the Little Adventurers Series

Book 1 Lottie's Big Feelings: Introducing Big Feelings into a Child's World

Book 2 Kaylo's Amazing Body: Exploring Early Warning Signs in Our Amazing Bodies

Book 3 Florence's First Concert: Learning the Difference Between Feeling Safe, Scary Fun, Scary Adventure, and Scared.

Based on two core themes in Protective Behaviours (PB):

1. Everyone has the right to be safe and feel safe at all times
2. We can talk with someone about anything, no matter what it is

Protective Behaviours (PB) is a universal empowerment program. As a holistic approach for everyone, the PB program is integrated into the school curriculum, reinforced at home, and delivered in communities to educators, professionals, and families. More information - [About PB](#).

Flashcards

Large flashcards (from the book) x 2 A4. Print on card or laminate to compliment reading the book. For larger cards, print in A3 size.

Smaller flashcards x 1 A4. Ideal for small groups or one-on-one.

Playing cards flashcards x 1 A4 (2.5 x 3.7 in). Print out and play card games such as Snap and Go Fish. Print playing cards in A3 for bigger playing cards.

Prompt questions to use with flashcards: This emotion makes me feel...? What makes you feel happy, excited, proud, loved? What makes you feel better (developing calming strategies). Show a happy, sad, angry face (use other emotions).

Learning about emotions and feelings is vital for children to become comfortable experiencing different emotions and learn to manage big feelings. Talking to children about how we all have emotions and how these emotions can change when we identify how we are feeling and develop coping strategies supports emotional regulation. You can encourage children to express their feelings in a healthy way by identifying different emotions, asking what someone could do to feel calm again and who they could talk to.

Lottie's Big Feelings flashcards:

1. Read through the story. Use the flashcards to ask what the book is about
2. What emotions do they know about and share 'safe' experiences?
3. Discuss Lottie's body language, facial expressions, and words. How do we know Lottie is expressing these feelings? What was happening when Lottie experienced these feelings? Discuss the early warning signs (body signals) associated with the feelings. You may also wish to discuss, in simple terms, how our brain reacts and why it is essential to calm our brain to feel safe and comfortable again.
4. What feelings did the other characters express in the flashcards?
5. What did Lottie do when feeling uncomfortable feelings – sad, worried, scared and angry?
6. Discuss the adults they could talk to if they felt sad, worried, scared or angry. Why did they choose these adults? Draw 3 to 5 adults with titles, i.e., Mum, Auntie Jane, and Mrs James (teacher) they have chosen to talk to.
7. What other activities could they do to feel calm again? Create a poster or cut-out pictures of their calming strategies to support emotional regulation.
8. Before re-reading the book, the children can use the flashcards to interpret the illustrations and retell what happens in the story using their own words. This activity can support recently introduced vocabulary to demonstrate understanding of what has been read to them.



Happy



Loved



Sad



Worried



Scared



Angry



Excited



Proud



Happy



Loved



Sad



Worried

Lottie's
Big Feelings
Small Flashcards



Scared



Angry



Excited



Proud



Loved



Happy



Scared



Sad



Angry



Worried



Proud



Excited



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- Little Adventurers Series Books

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