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Big Feelings Regulation System

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Hi there,

I'm truly grateful you chose the **Big Feelings Regulation System.**

When children experience big emotions, what they often need most isn't correction - it's regulation. This system was created to give parents and caregivers practical tools to support emotional development, focus, and resilience in one structured toolkit.

Instead of reacting to behaviors, you'll be able to support the nervous system and skill gaps underneath them.

Inside, you'll find resources designed to help children:

- Understand emotions through The **Ultimate Polyvagal Theory for Kids**
- Create a structured safe space using the **Calming Corner Kit Bundle**
- Build independence with the **Kids' Skills in Life Bundle**
- Strengthen focus using **ADHD Executive Functioning Worksheets**
- Practice quick calming tools with **Coping Skills Cards (Bonus)**

You don't need to introduce everything at once.

Start with one calming tool.
Build one daily routine.
Practice one regulation skill.

Big feelings become manageable when skills grow.

If you have any questions or need assistance at any time, please don't hesitate to reach out. I'm here to support you.

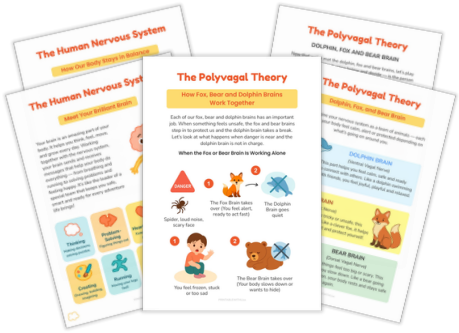
With care,

Lisa

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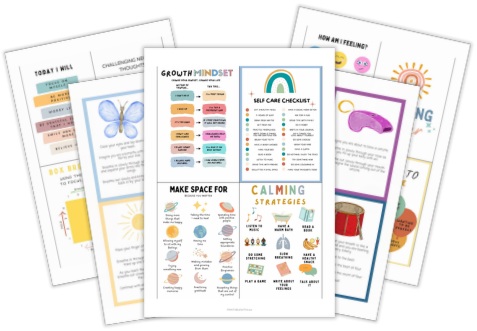
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The Polyvagal Theory for Kids



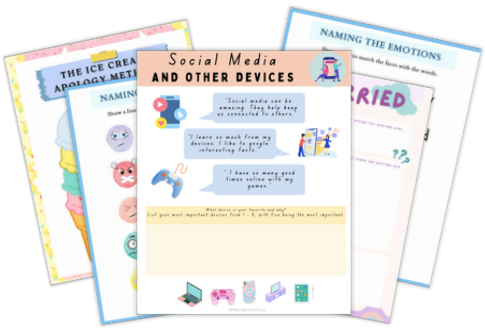
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Calming Corner Kit Bundle



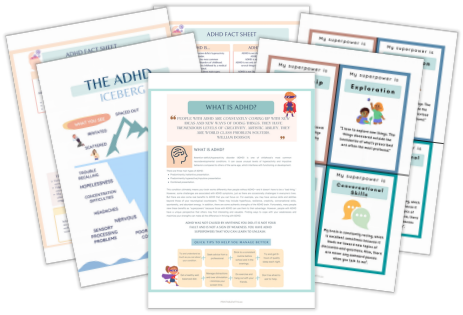
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Kids' Skills in Life Bundle



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ADHD Executive Functioning Worksheets



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Coping Skill Cards (Bonus)



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Tips for Best Use

- Introduce one tool at a time to prevent overwhelm
- Practice calming skills during calm moments first
- Keep visual supports and coping cards accessible
- Build simple, consistent daily routines
- Celebrate small progress to build confidence

Big feelings become manageable when regulation is practiced consistently.

Need Help?

We're here to support you.

If you have any questions or run into issues with your download, please don't hesitate to reach out.

Customer Service Hours: I will get back to you within 24 hours.

Email Support: hello@printablewithlisa.com

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Have a great day, and keep doing this beautiful work!

Product Suggestion:



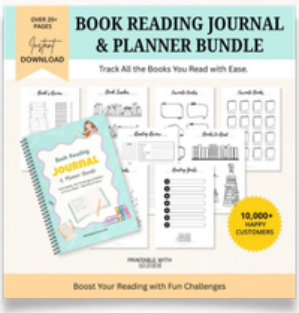
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