

Become a Wiggle Warrior® Like Maya

Maya Works With Her Stress to Build Her Self-Confidence





Wiggle Warrior® Confidence Builder

Wiggle through all emotions to become a Sunshine Friend!

Mad Emotions



ANNOYED

☐

FRUSTRATED

☐

ANGRY

☐

ENRAGED

☐

APATHETIC

☐

I'm confident
that I can be
clear and
calm while
expressing a
limit or need

Sad Emotions



DISAPPOINTED

☐

SAD

☐

LONELY

☐

REJECTED

☐

HEARTBROKEN

☐

I'm confident
that I can be
kind to
myself or
ask for help
when I am
feeling sad

Afraid Emotions



UNCERTAIN

☐

ANXIOUS

☐

AFRAID

☐

PANICKED

☐

OVERWHELMED

☐

I'm
confident
that I can
be brave
and curious
whenever
I'm feeling
afraid

Critical Emotions



GUILTY

☐

ASHAMED

☐

I'm confident
that I can
wiggle my
critical
feelings into
curiosity &
kindness

Icky Emotions



DISGUSTED

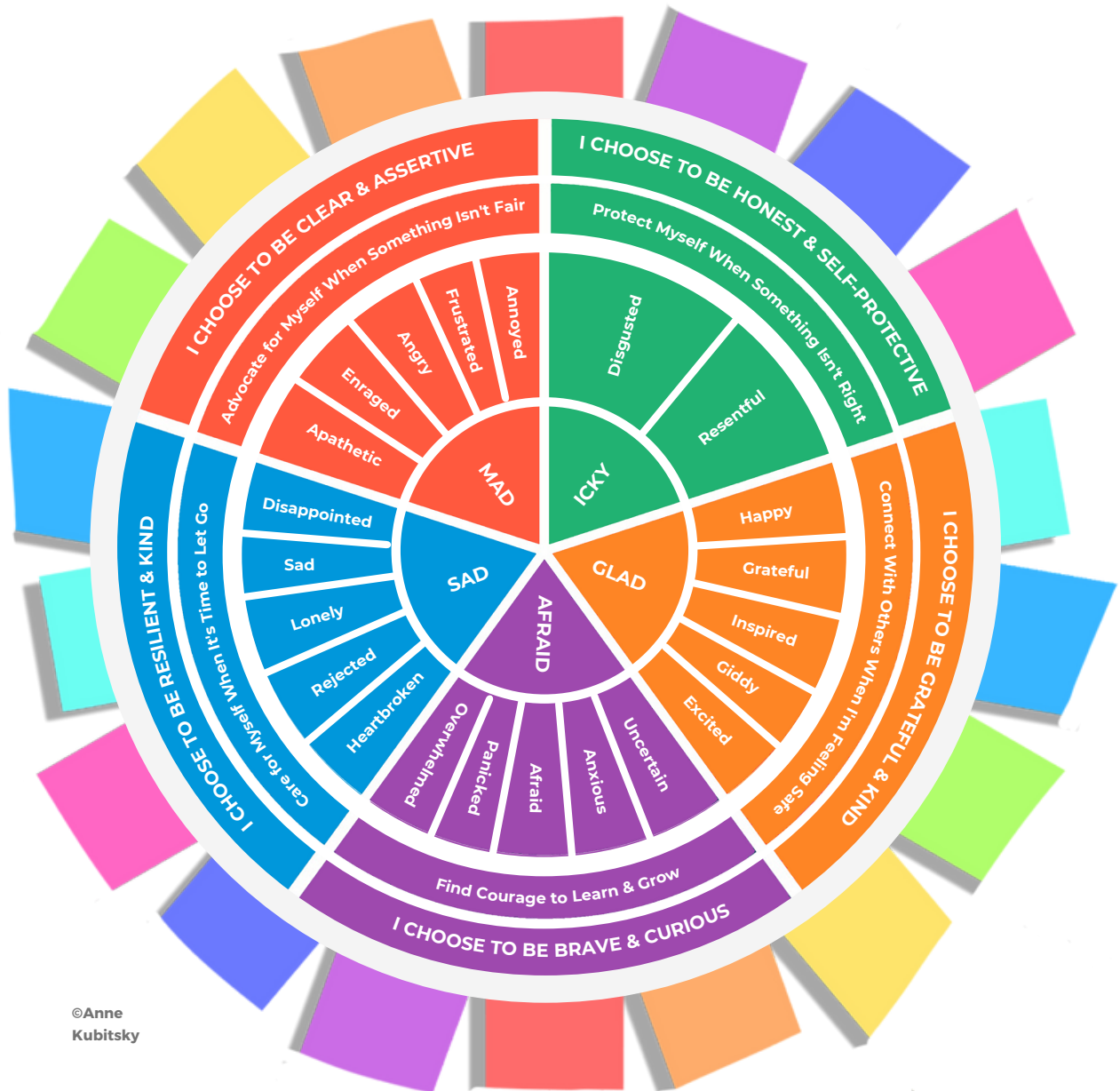
☐

RESENTFUL

☐

I'm confident
that I can
say "no" or
ask for help
when I am
feeling icky

Wiggle Warrior® Shield



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If You Need Support, Find a Sunshine Friend to Help You

Sunshine Friends:

Are consistently kind to you

Make you feel calm & safe

Are warm and nurturing (like sunshine!)

Respect your boundaries

Are concerned about your wellbeing

Are supportive when you're struggling

Make you feel seen, understood & appreciated

Never try to hurt you

Are not jealous of your joy and know how to celebrate your achievements

Love you just as you are

Apologize for their mistakes and make amends

Are interested in earning your trust

My Sunshine Friend is:

If you don't have a Sunshine Friend, you can become a Sunshine Friend to yourself by being kind to each one of your emotions.



Mad Emotions Can Help You Become Clear & Assertive



Annoyance

helps you identify what you don't want



Frustration

helps you be flexible & shift to a new plan



Anger

helps you calmly set limits, protect boundaries, or speak up for what you need



Rage

helps you peacefully advocate for a change and convince others to join you



Apathy

helps you reset a situation or establish a new boundary

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ANNOYED

This isn't easy. How can I work through it anyway?



FRUSTRATED

I don't like this. How can I calmly advocate for myself?



ANGRY

I don't want this. How can I kindly say "No"?



ENRAGED

What do I need to do to calm down before I speak?



APATHETIC

What can I do to reset the situation and make a change?



HANGRY

What feelings am I trying to stuff down?



ASHAMED OF MY ANGER

How can I turn my self-criticism into compassion?



ANXIOUS ABOUT MY ANGER

It's okay to be mad. My needs are just as important.



GUILTY FOR FEELING ANGRY

Everyone has needs. It's normal & okay for me to have needs.



Sad Emotions Can Help You Become Resilient & Caring



Disappointment

helps you be flexible & resilient



Sadness

helps you slow down and care for yourself
during a loss or change



Loneliness

helps you enjoy your own company and
become your own best friend



Rejection

helps you accept yourself and be caring
towards yourself and others



Heartbreak

helps you slow down and honor your grief
so that you have space and time to heal

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DISAPPOINTED

I need to let go or try again. How can I grow from this?



SAD

I need to adapt to a change. How can I comfort myself?



LONELY

I don't feel understood. How can I get to know myself better?



REJECTED

How can I accept myself even when others don't?



HEARTBROKEN

I need to grieve. How do I honor my loss?



LANGUISHING

I'm stuck. What's one small thing I can do to support myself?



ASHAMED OF MY SADNESS

How can I turn my self-criticism into compassion?



ANXIOUS ABOUT MY SADNESS

My sadness won't hurt me. It's here to help me slow down & let go.



GUILTY FOR FEELING SAD

It's healthy for me to slow down and process a loss or change.



Afraid Emotions Can Help You Become Brave & Curious



Uncertainty/Doubt

helps you become curious and resourceful so you can become more sure of yourself



Anxiety

helps you try new things, face challenges, and prepare for action



Fear

helps you identify danger, be brave, and act on your instincts



Overwhelm

helps you slow down and respond to an immediate need



Panic

helps you be present and find your strength; (It also helps you find your breath)

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UNCERTAIN

I need more time.
What do I need more
information about?



ANXIOUS

I want to control things.
How can I learn to trust?



AFRAID

What action do I need
to take to keep me safe?



PANICKED

How can I slow down
right now?



OVERWHELMED

After I recharge, what
do I need to sort
through?



MIXED FEELINGS

What feelings am I
anxious about &
trying to stuff down?



ASHAMED OF MY FEAR

How can I turn
my self-criticism
into compassion?



ANXIOUS ABOUT MY FEAR

It's okay to feel afraid.
Everyone feels afraid
sometimes.



GUILTY FOR FEELING AFRAID

It's okay to feel afraid.
Everyone feels afraid
sometimes.



Icky Emotions Can Help You Be Honest & Self-Protective



Disgust

helps you identify toxic people & situations



Resentment

helps you identify when a change is needed



Guilt

helps you identify when you haven't been kind and need to do something to fix it



Anxiety

helps you try new things, face challenges, and prepare for action



Shame

helps you identify when you've done something that doesn't align with your values

Squasher Squad

These aren't Icky emotions, but they often arrive alongside them.

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DISGUSTED

Something doesn't feel right. How can I take a step back right now?



RESENTFUL

This isn't good for me. How can I calmly create a boundary?



HIDING MY ICKY FEELING

It's okay to feel icky. My icky feelings help protect me.



VENGEFUL

Even though it's not fair, getting even will just make it worse. How can I calm down?



MIXED FEELINGS

What are some other feelings am I having right now?



FROZEN

I feel trapped. It's time to leave this situation. What can I do to remove myself?



ASHAMED ABOUT WHAT HAPPENED

Who is a safe person I can ask for help?



ANXIOUS ABOUT WHAT HAPPENED

I need support. Who is a safe person I can ask for help?



GUILTY ABOUT WHAT HAPPENED

I need support. Who is a safe person I can ask for help?