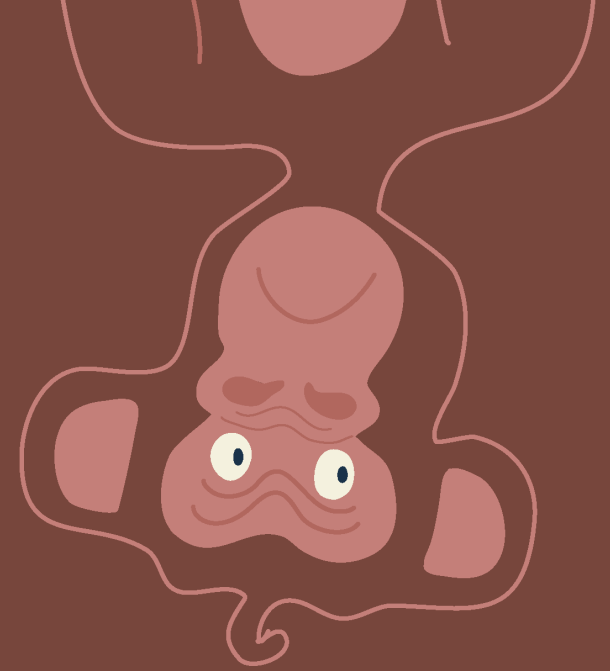


BIG FEELINGS

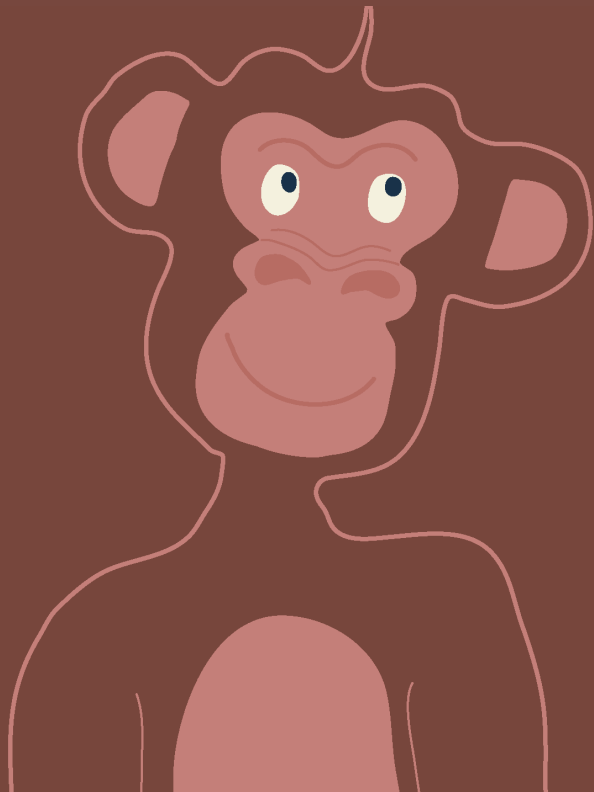
Written & illustrated by
Emma Grace Lukens

Everybody feels feelings,
inside and out.

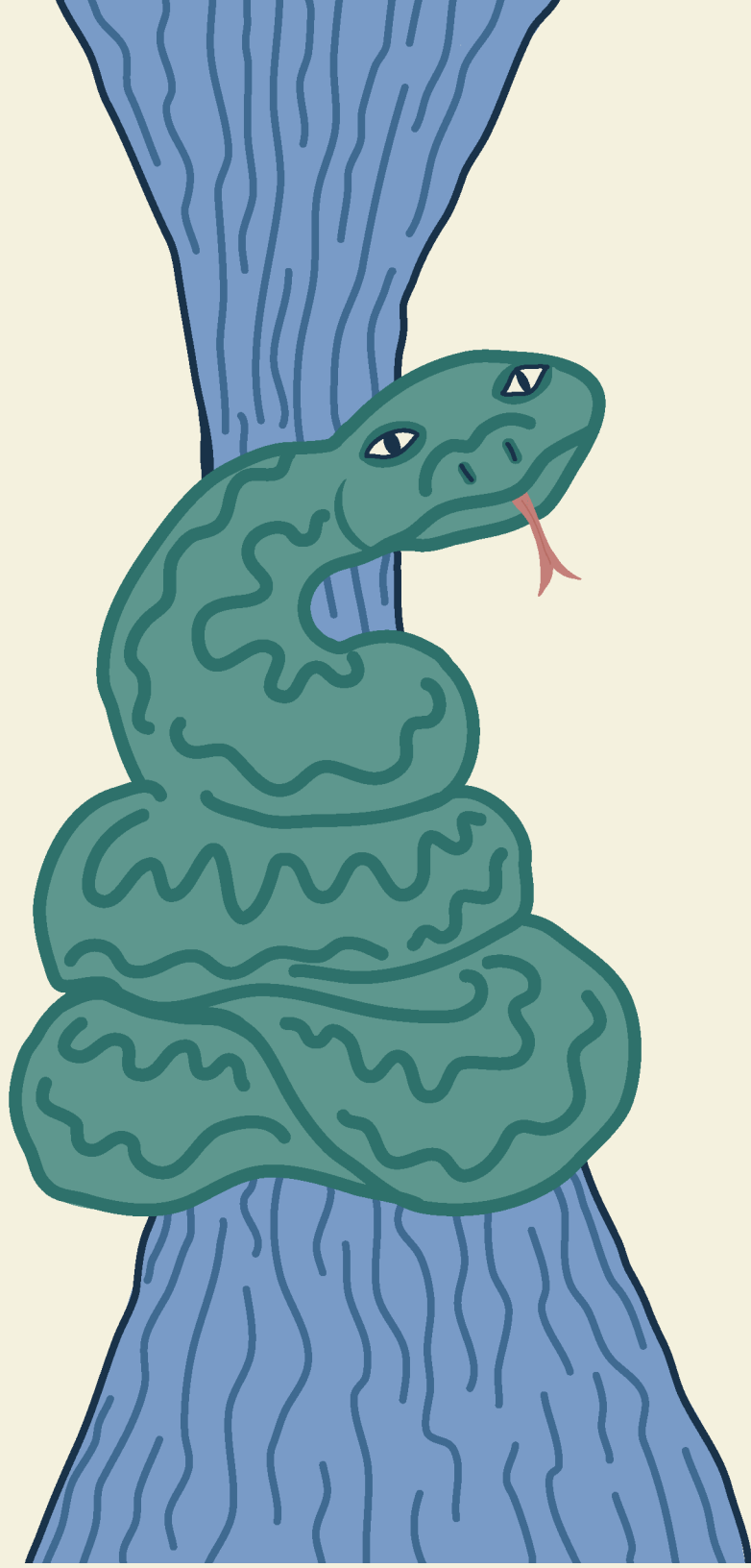




From our bubbly giggles



to frustrated pout.



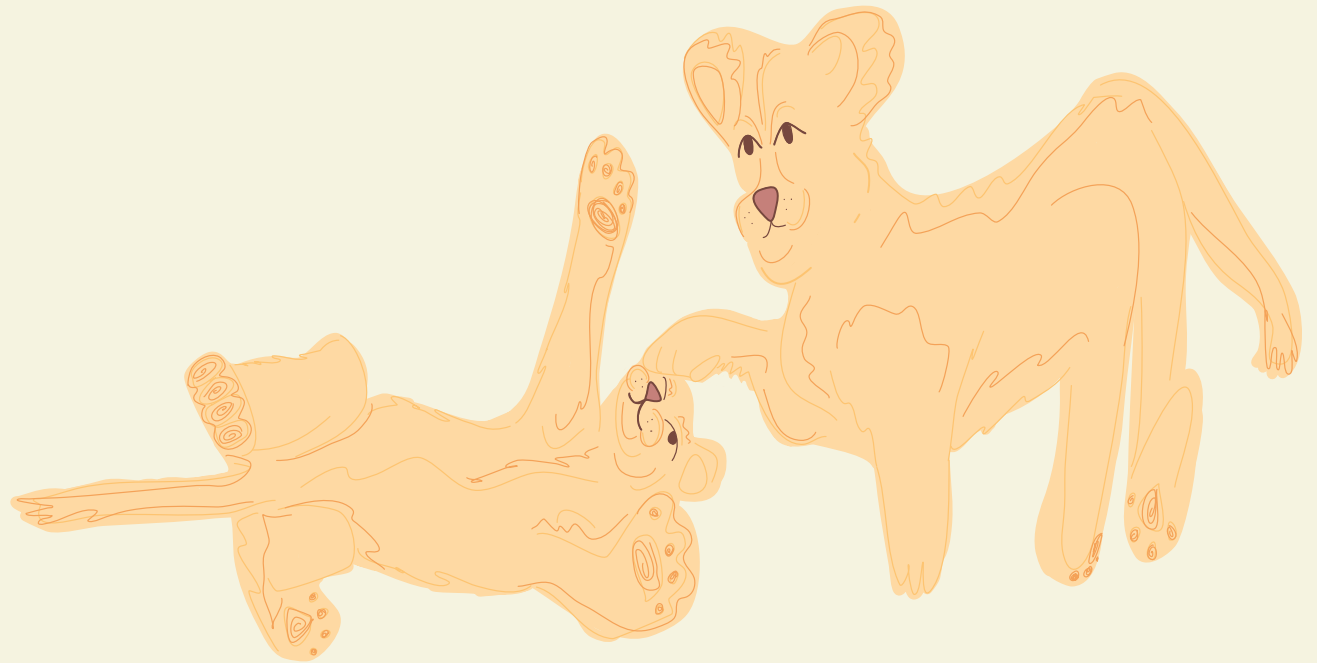
Let them
come and go.

We can make
this alright,

even when tummies squirm
or chests feel too tight.



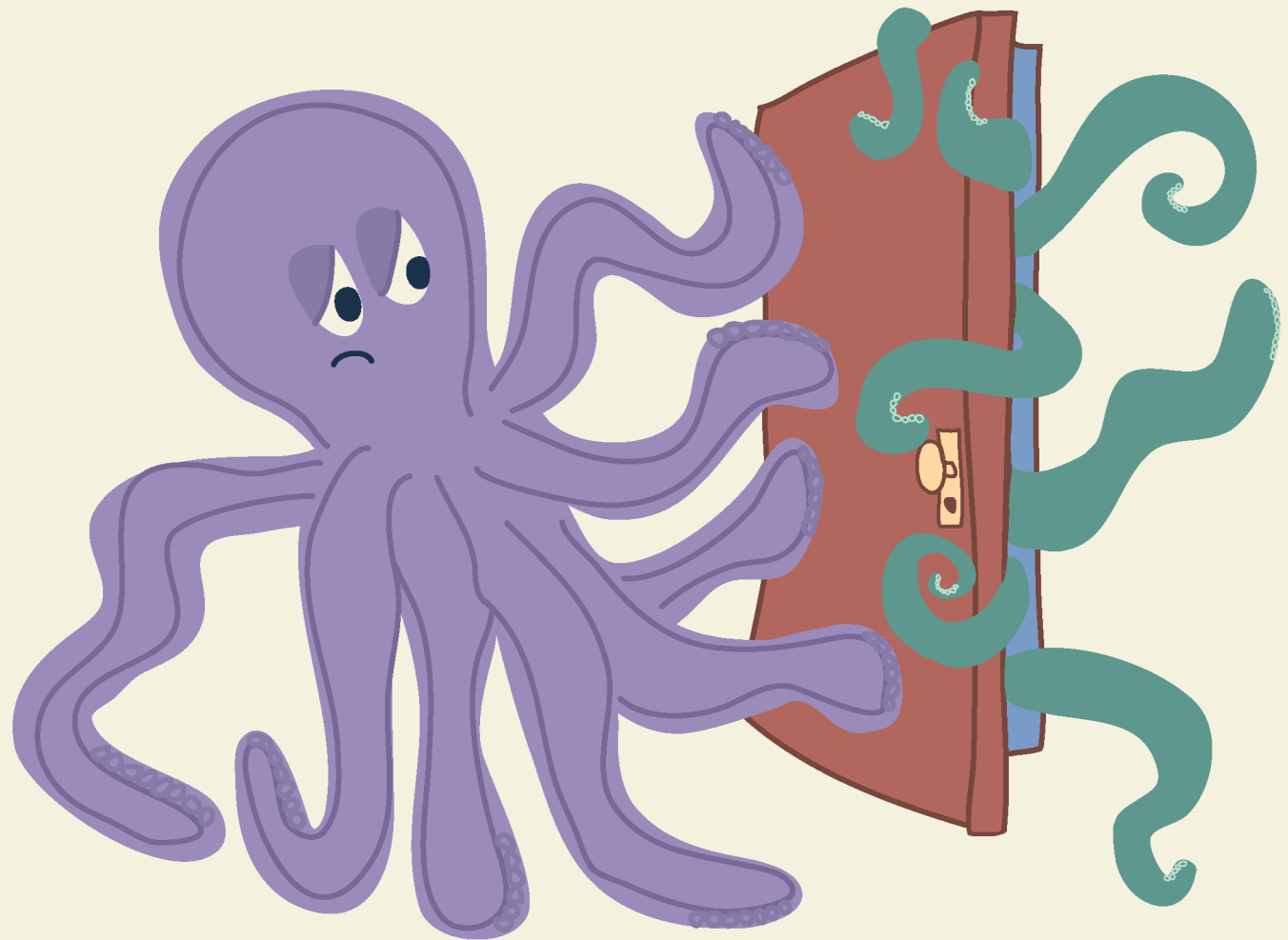
They tackle or tickle us,
making us pause.



We must pay attention
if only because



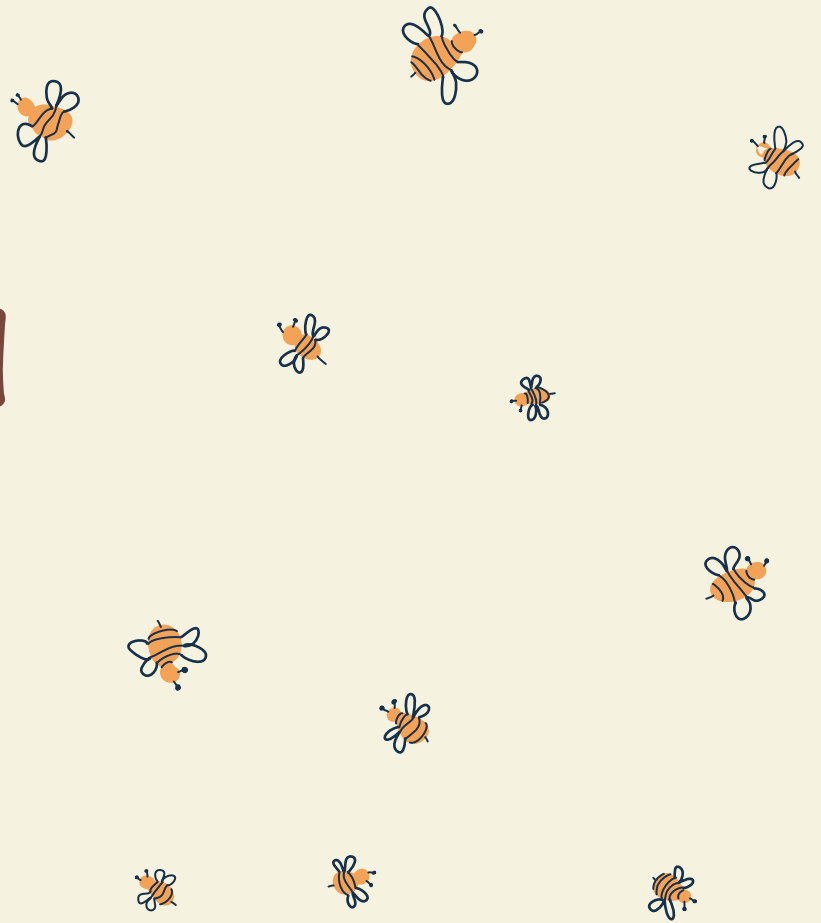
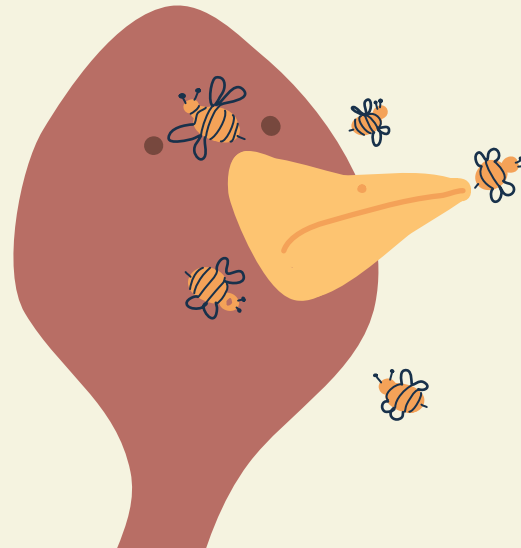
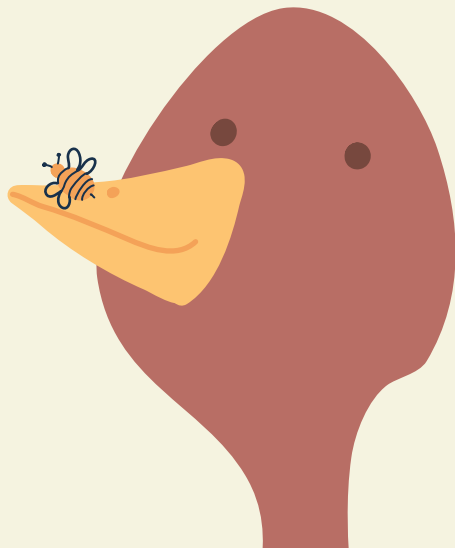
when we push the feelings
we don't like away,



they often will
fight even harder
to stay.



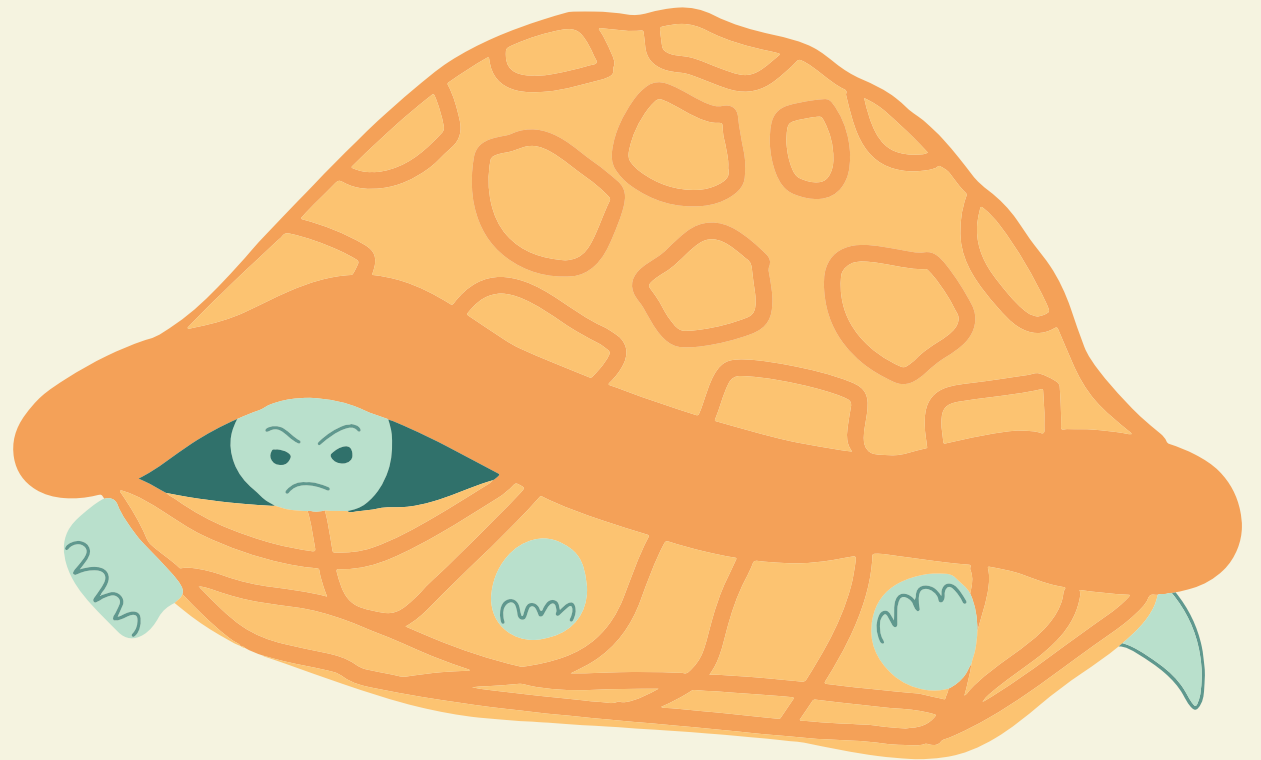
A hummingbird ignored
can soon
GROW TO A BUZZ!



Anger can
TOWER over
what it once was!



Some sad or some mad that's
been squashed down inside

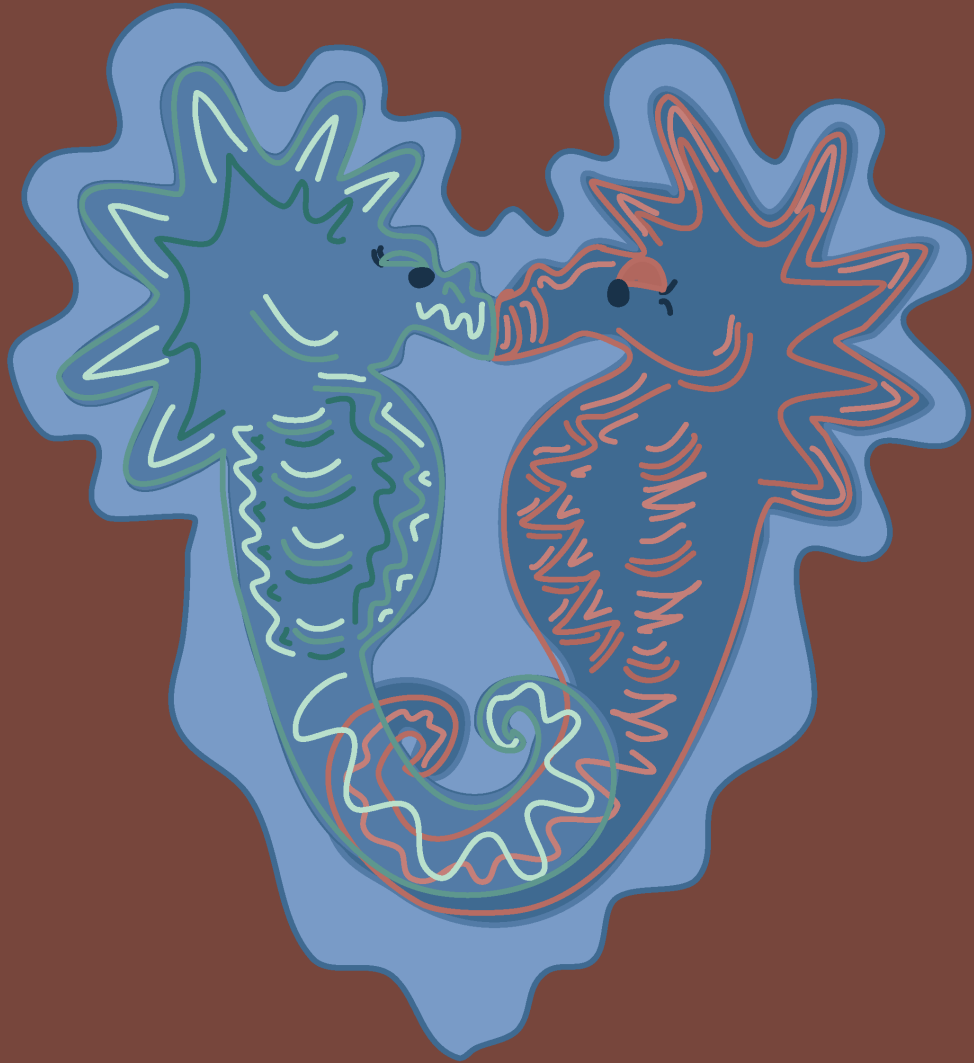




shouts to be heard
'til we stop trying
to hide.

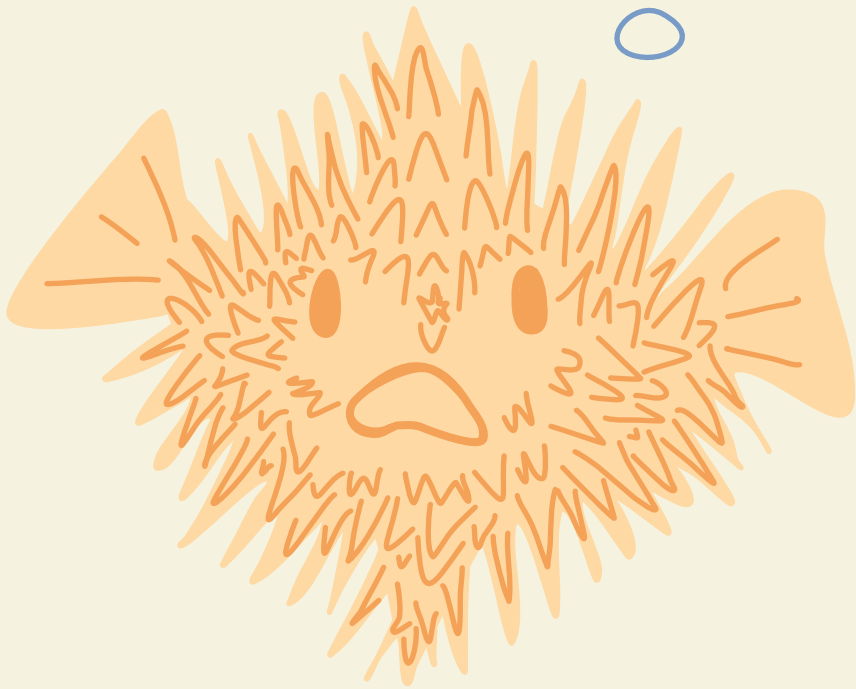
We search our bodies to find out
what feels
GOOD!





Perhaps feelings
just want to be
understood.

Take a moment to think,
breathe in and breathe out.



Embracing big feelings
is what it's about!



Sharing heavy thoughts
helps lift them off our head.



We shake it off,

dance it out,

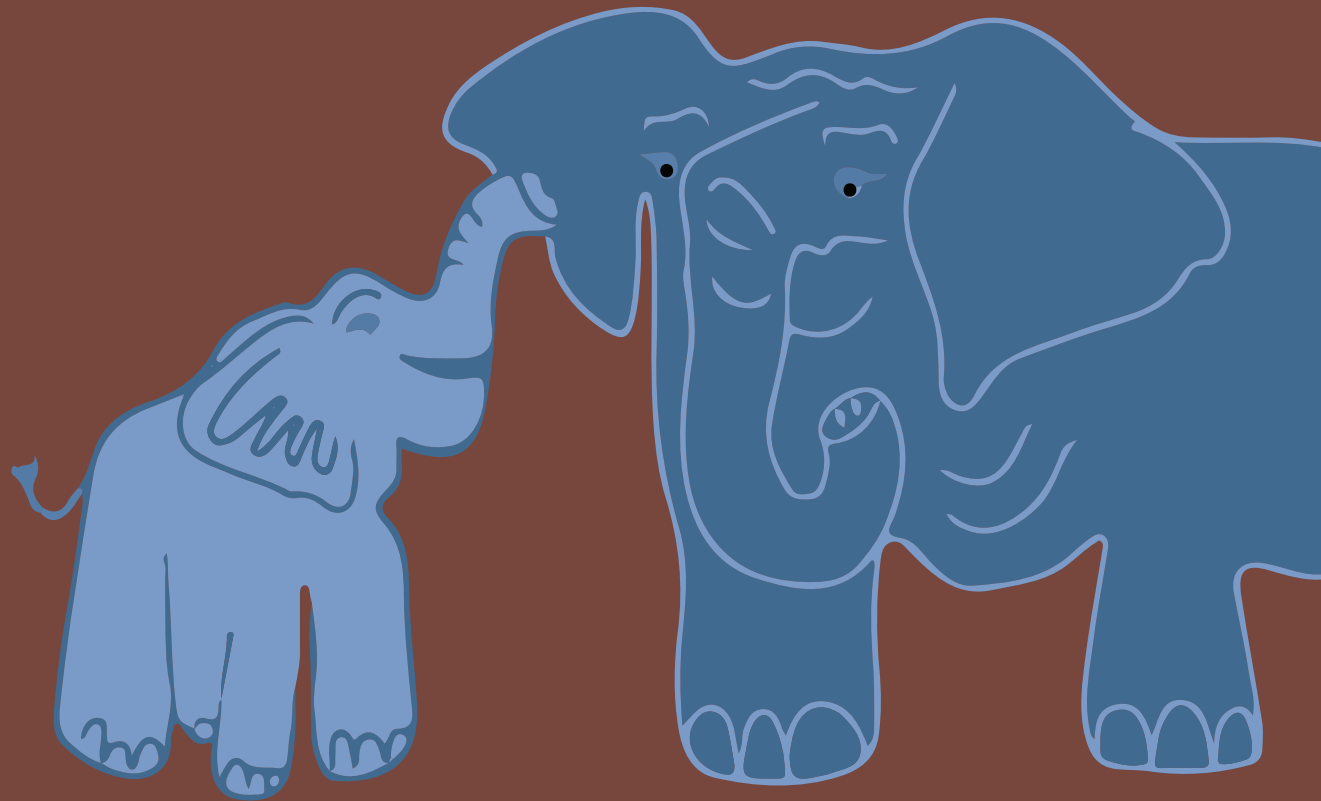
rest up in bed!

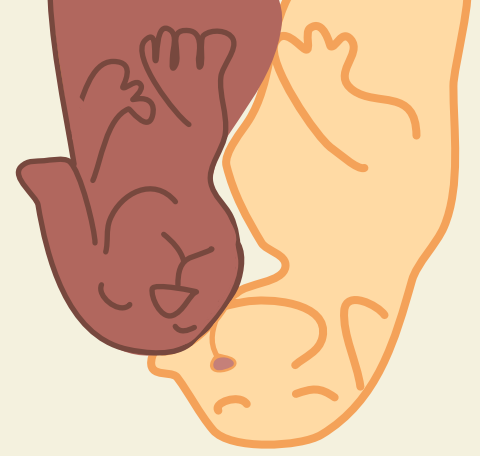


We might be ready
to ask for a snuggle.

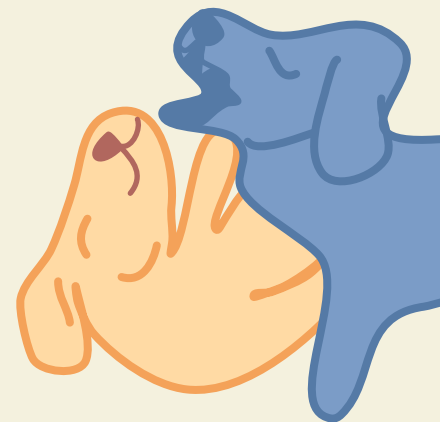


A friend can listen
and share how they juggle.





We can't hurt each other.
Don't push, hit, or shove!



The world will be better with
your special love!

