

Everyone has **feelings**.

You have feelings and your friends have feelings.

The big people around you have feelings too.



Sometimes you might feel really happy.

What colour do you think happy might be?

Why is happy for you?



Sometimes you might feel sad.

What colour do you think sad might be?

Why is sad for you?



And sometimes you might feel angry.

What colour do you think angry might be?

Why is angry for you?



What colour do you think might be?

Why is for you?

Some feelings are so BIG, we just don't know what to do!

We might feel ...

sad



or **worried**



or **angry**



or **scared.**

When we have those feelings, we need to talk to an adult who makes us feel safe and who we trust.

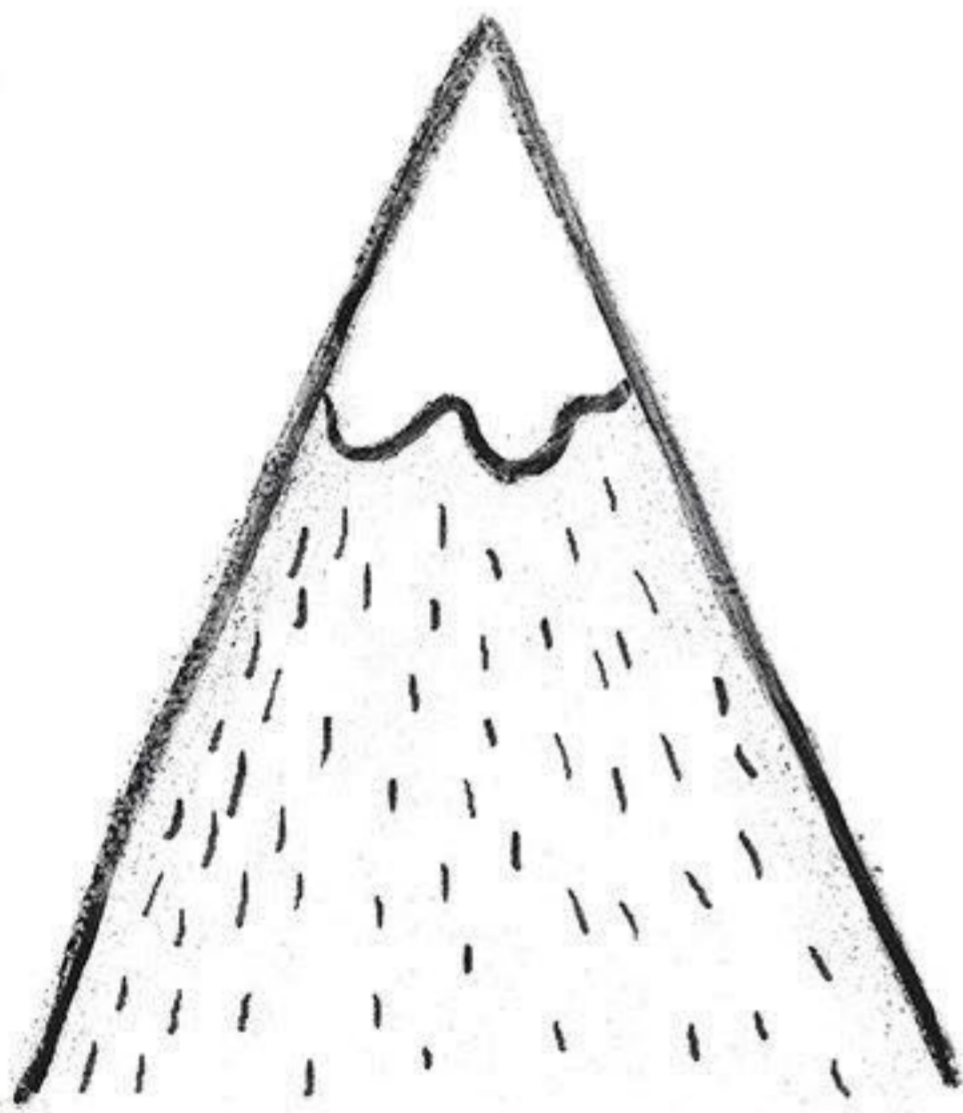
That person will help us to understand those BIG feelings.



Who could you tell your BIG feelings to?

How BIG is your feeling today?

Does it feel as BIG as a mountain?






Or as small as a button?



Or does it feel middle-sized ...
like the size of a chair?




Feelings often come from ...

- something we are doing or thinking about 
- something that is happening around us or something that has happened to us 
- or from other people. 

But sometimes we don't know where our feelings come from.



Do you know where your feeling has come from today?



This book encourages children to understand and manage their changing feelings and emotions, and to talk confidently about how they are feeling. Providing children with the skills and the words to express their feelings is key to helping them move forward in a positive manner.

Talking About Feelings is the perfect book for parents, caregivers, educators and health professionals to help children unpack challenging emotions in an interactive and engaging way.

Jayneen Sanders is an experienced author, teacher, mother of three, and a passionate advocate for empowering children through discussions on emotions, personal boundaries, body safety, respect and consent. For more titles by Jayneen Sanders go to www.e2epublishing.info



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