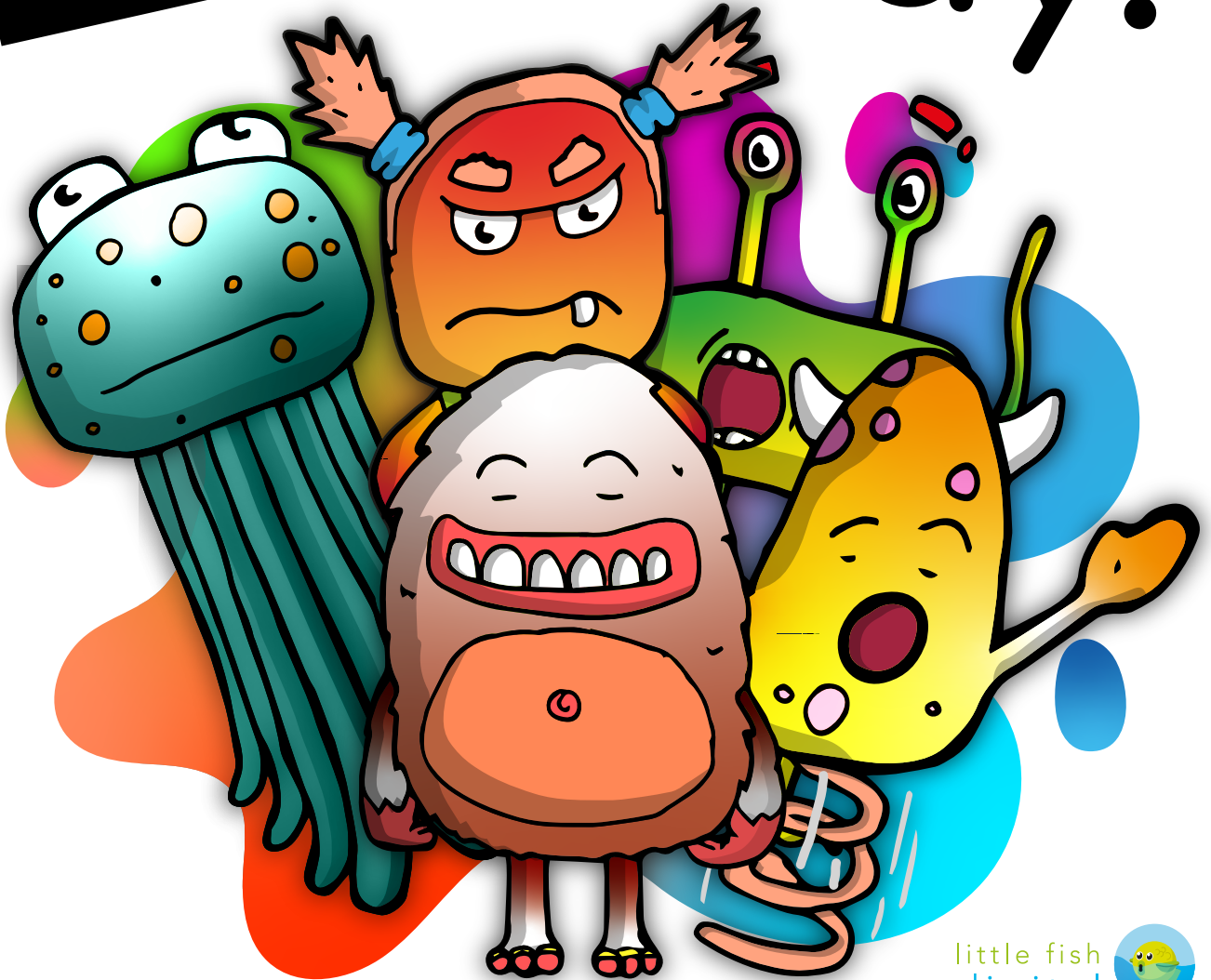


That's Okay!



Chris Dixon

little fish
digital



Get **That's Okay!** online

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That's Okay!

Emotions can feel strange.

So these colourful creatures are here to help.

They have emotions from happy to sad.

They will show you that all emotions are okay!

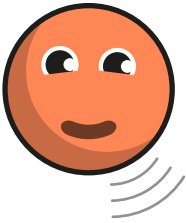
I'm happy.



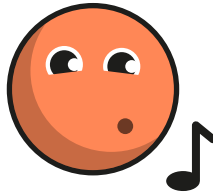
And that's okay.

When you are **happy** you might want to...

Talk



Sing



Smile



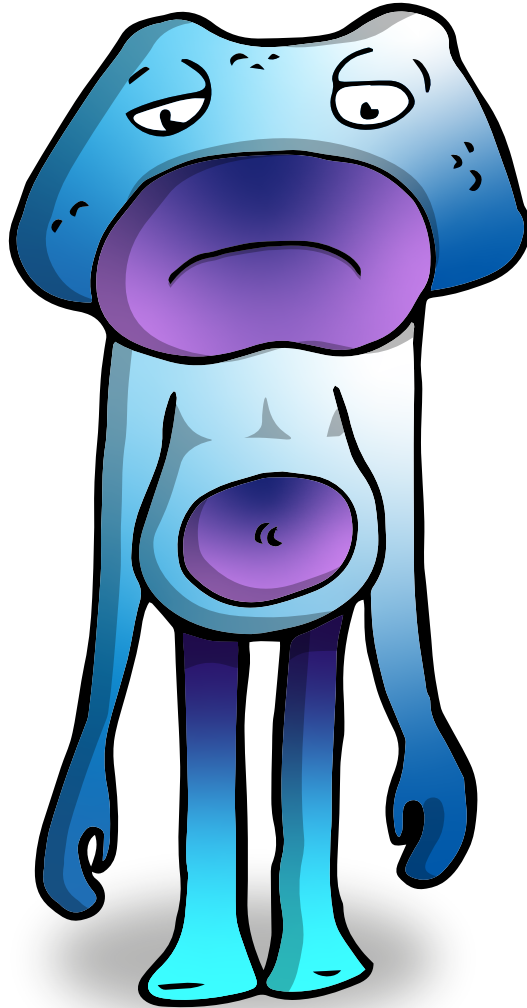
You might **feel awake**.

You might **want to see your friends**.

You might **want to hug people**.

You might feel happy if
it's a special day like your birthday.

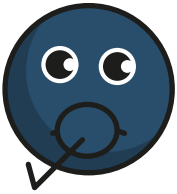
I'm sad.



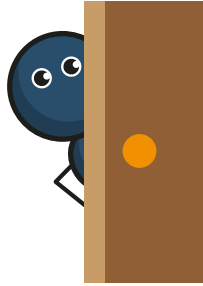
And that's okay.

When you are **sad** you might want to...

Not
speak



Hide



Cry



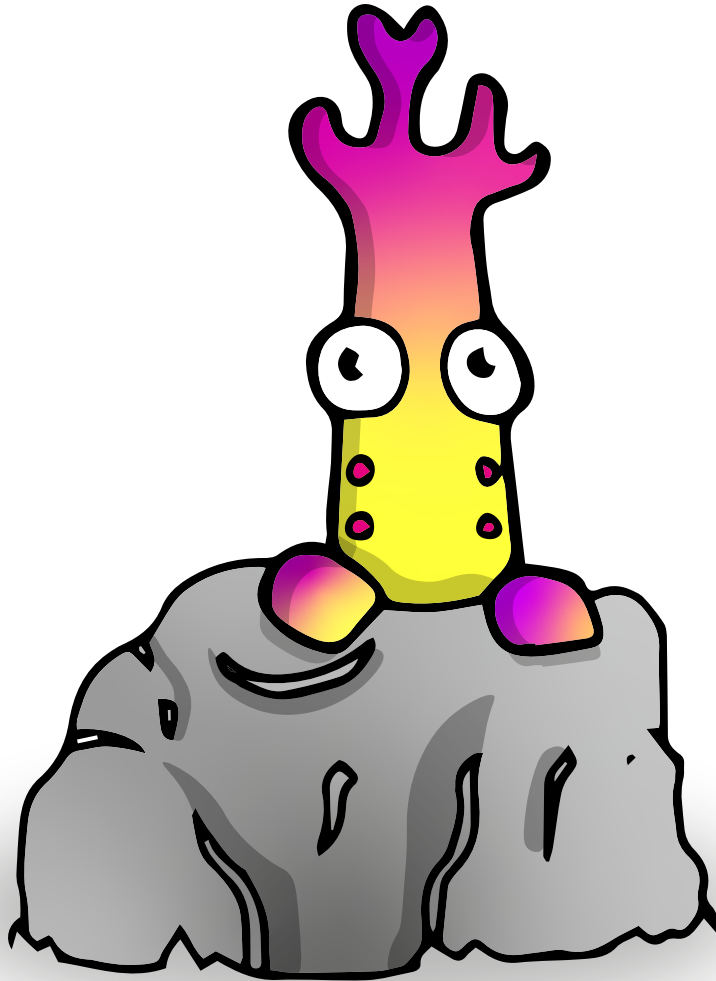
You might **feel sleepy**.

You might **have a hurt head**.

You might **feel unhappy**.

You might feel sad if your friend has
moved to a new town.

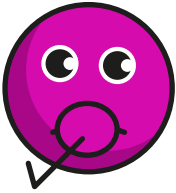
I'm shy.



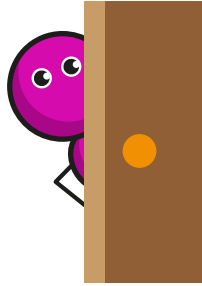
And that's okay.

When you are **shy** you might want to...

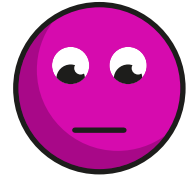
Not
speak



Hide



Look at
the floor



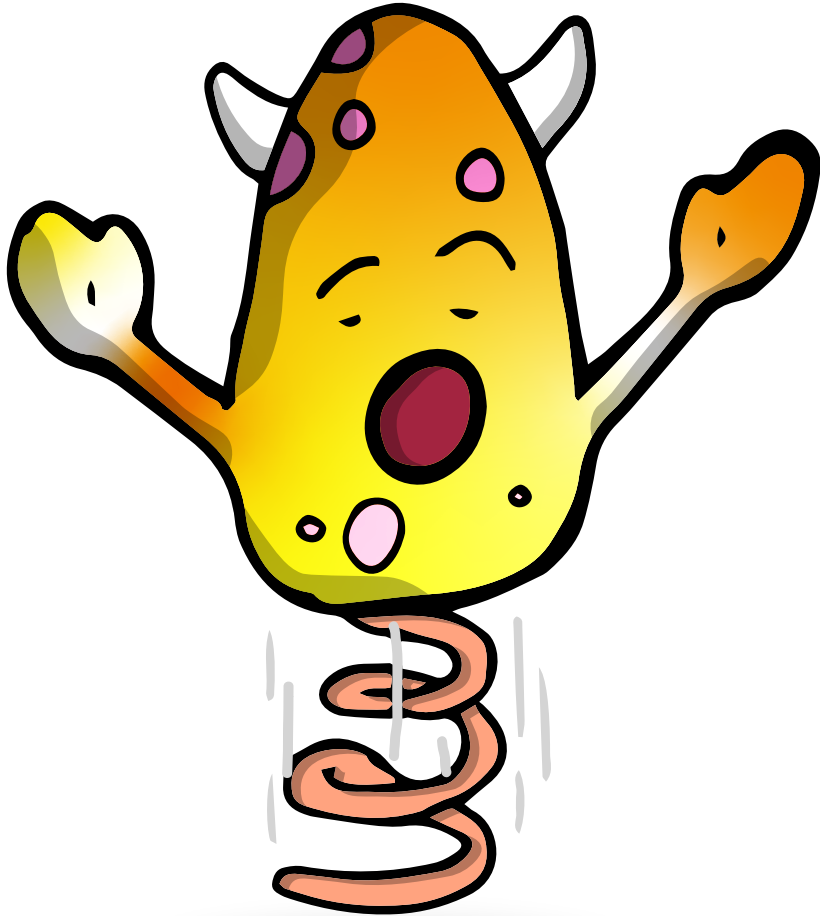
You might **feel like not talking.**

You might **feel scared.**

You might **feel like hiding.**

You might feel shy if you meet
someone new.

I'm excited!



And that's okay.

When you are **excited** you might want to...

Talk



Jump up
and down



Sing



You might **feel awake**.

You might **feel like running around**.

You might **feel happy**.

You might feel excited if you are
going on holiday.

I'm confused?



And that's okay.

When you are **confused** you might want to...

Not
speak



Hide



Look at
the floor



You might **feel scared**.

You might **feel silly**.

You might **feel sad**.

You might feel confused if you need to
answer a hard maths question.

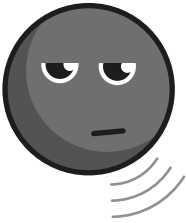
I'm grumpy.



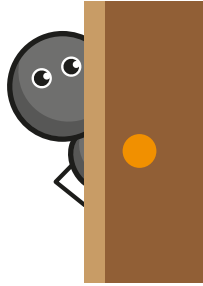
And that's okay.

When you are grumpy you might want to...

Moan



Hide



Do
nothing



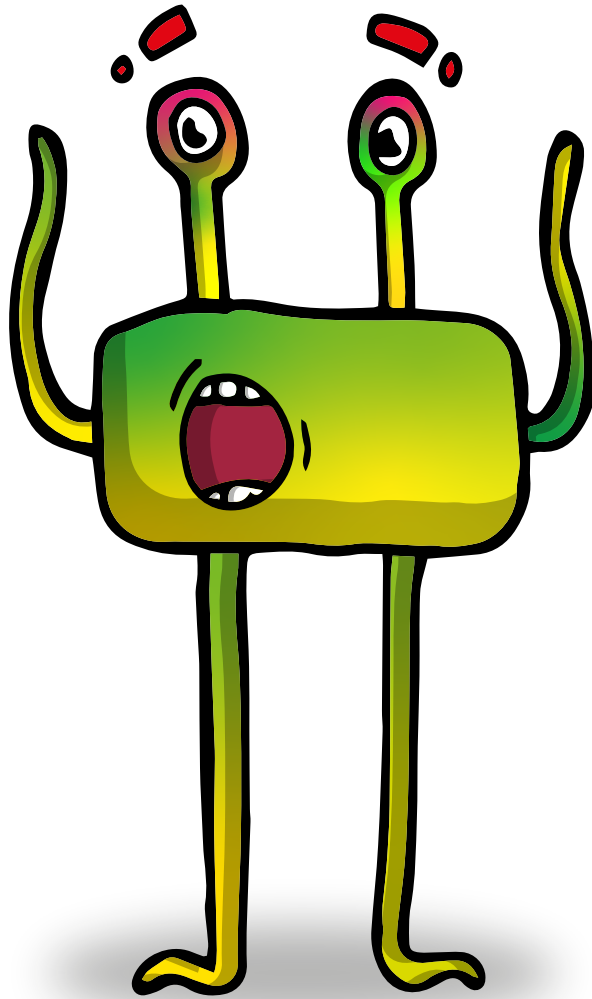
You might feel lazy.

You might feel like not talking.

You might feel angry.

You might feel grumpy if you
have to do something you don't want to.

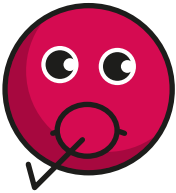
I'm surprised!



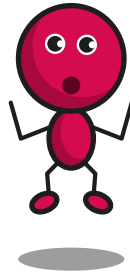
And that's okay.

When you are **surprised** you might want to...

Not
speak



Jump in
the air



Smile



You might **feel like you can't talk.**

You might **feel like you want to jump in the air.**

You might **feel excited.**

You might feel surprised if your friend came to visit and you didn't know.

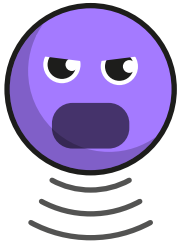
I'm hurt...



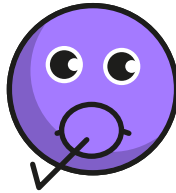
And that's okay.

When you are hurt you might want to...

Shout



Not
speak



Cry



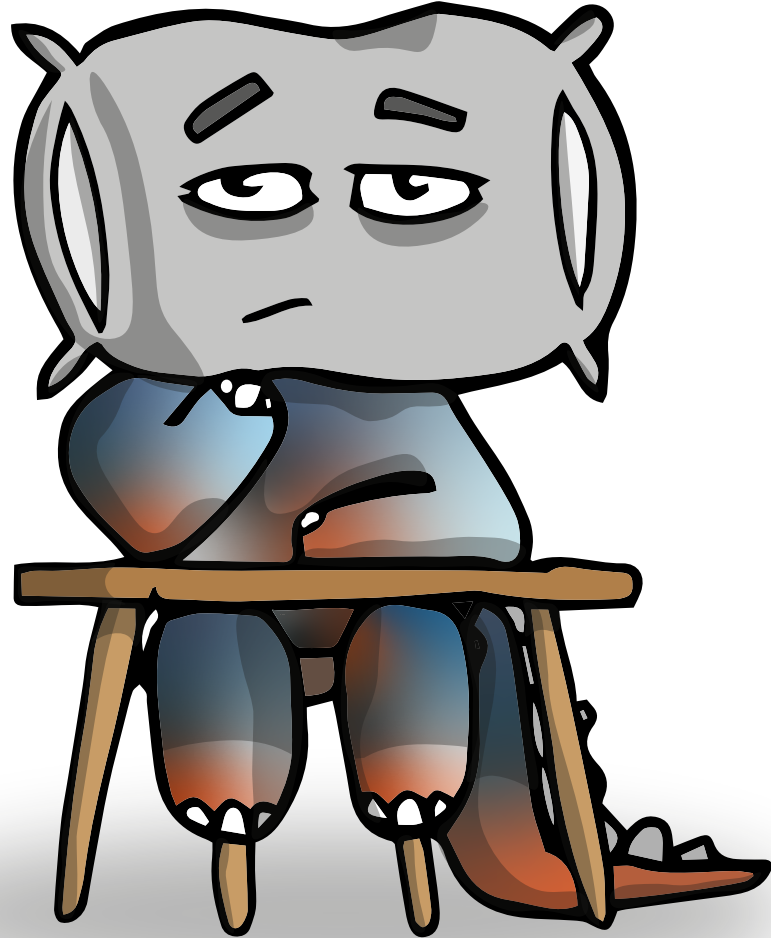
Your chest might feel tight.

You might feel sick.

You might have a hurt head.

You might feel hurt if someone has said something mean.

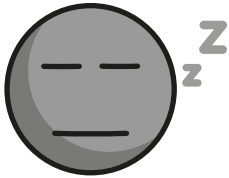
I'm bored...



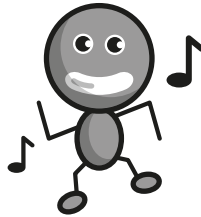
And that's okay.

When you are bored you might want to...

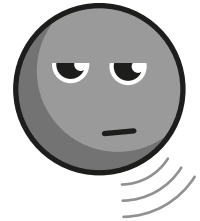
Fall
asleep



Do
something



Moan



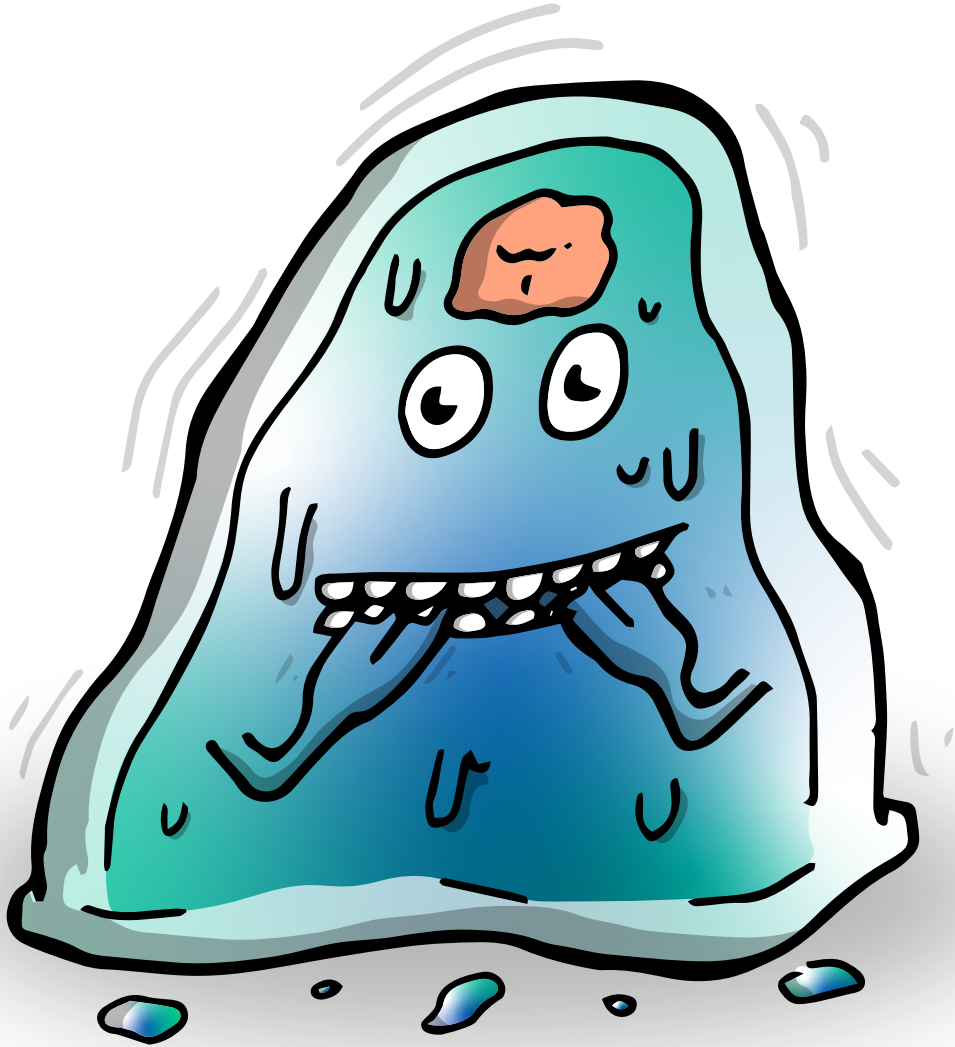
You might feel like sleeping.

You might feel like you want to move.

You might feel grumpy.

You might feel bored if you have to
watch something on TV you don't like.

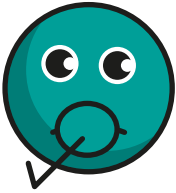
I'm nervous...



And that's okay.

When you are **nervous** you might want to...

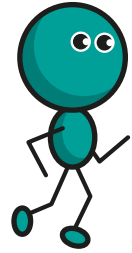
Not
speak



Hide



Run
away



You might **feel scared**.

You might **feel sick**.

You might **breathe fast**.

You might feel nervous if you are
part of your school play.

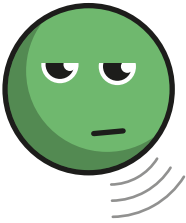
I'm jealous.



And that's okay.

When you are **jealous** you might want to...

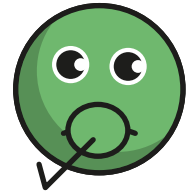
Moan



Hide



Not
speak



You might **feel grumpy**.

You might **feel like not joining in**.

You might **feel sad**.

You might feel jealous if your friend gets
the toy you want.

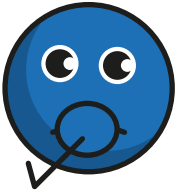
I'm disappointed..



And that's okay.

When you are **disappointed** you might want to...

Not
speak



Hide



Cry



You might **feel sleepy**.

You might **feel sad**.

You might **feel like not moving**.

You might feel disappointed if a cake you
make comes out too small.

I'm angry!



And that's okay.

When you are **angry** you might want to...

Shout



Run
away



Cry



You might **have a hurt head**.

You might **feel hot**.

You might **scream**.

You might feel angry if
someone broke your toy.

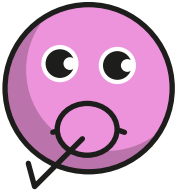
I'm embarrassed.



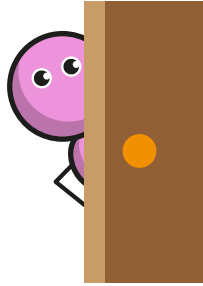
And that's okay.

When you are **embarrassed** you might want to...

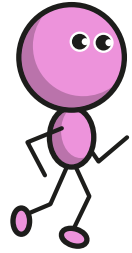
Not
speak



Hide



Run
away



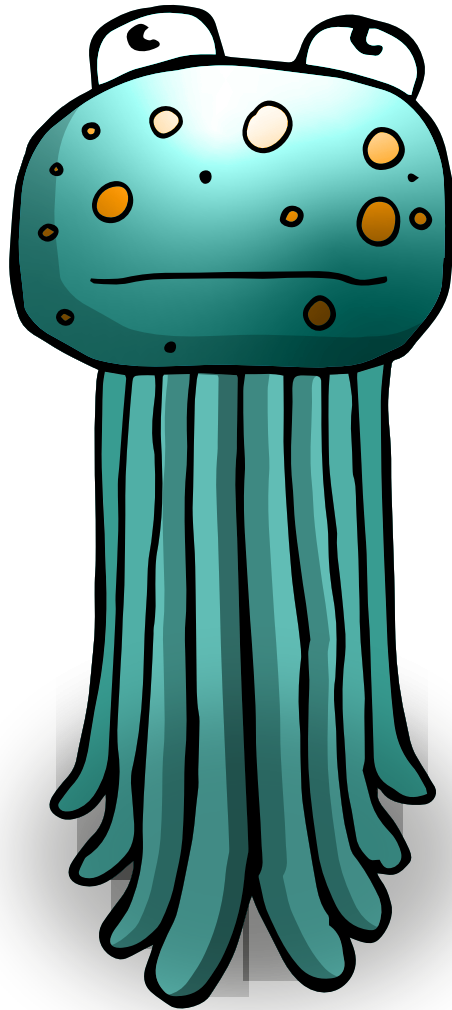
You might **feel like not joining in.**

You might **feel hot.**

You might **feel nervous.**

You might feel embarrassed if you get
someone's name wrong.

I'm okay.



And that's also... okay!

That's Okay!

It's normal to not feel an emotion.

It's normal to feel an emotion.

Emotions come and go.

And that's okay!

Emotions are part of being a person.
It's okay to feel happy or sad.

That's Okay helps you learn about
your emotions with colourful creatures.

