



Upload your child's colouring book image
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That's Okay!

Emotions can feel strange. So these creatures are here to help.

They have emotions from happy to sad. They will show you that all emotions are okay!

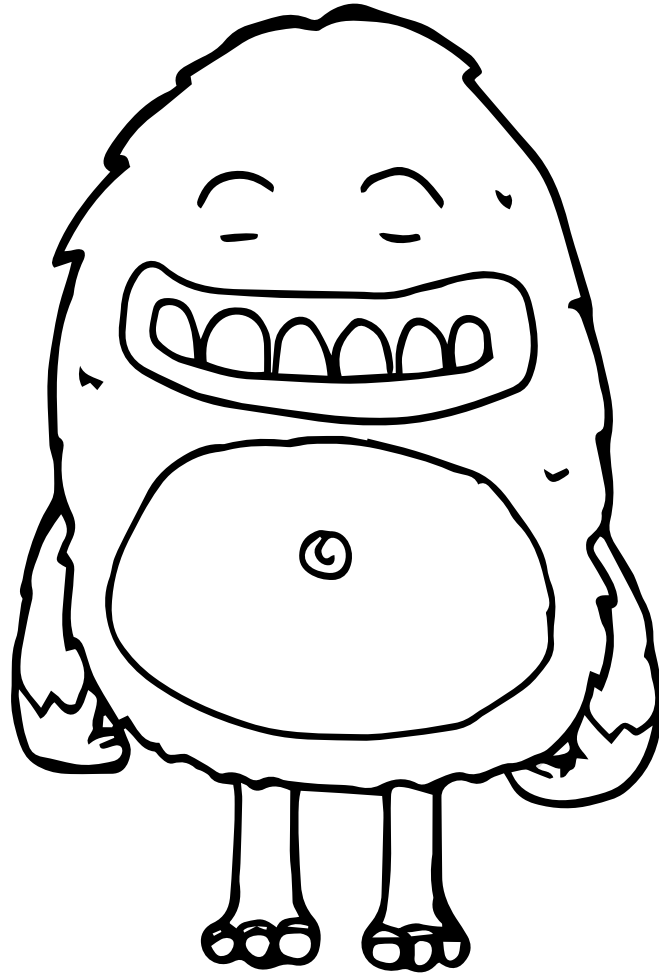
But they need your help too.

They have lost their colour. Help them get it back!

Just use your colouring pencils or crayons.

You can also write how you feel and when with each emotion.

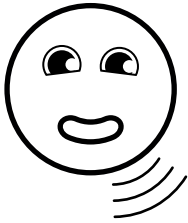
I'm happy.



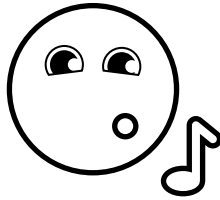
And that's okay.

When you are happy you might want to...

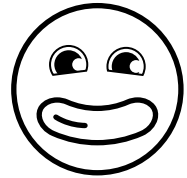
Talk



Sing



Smile



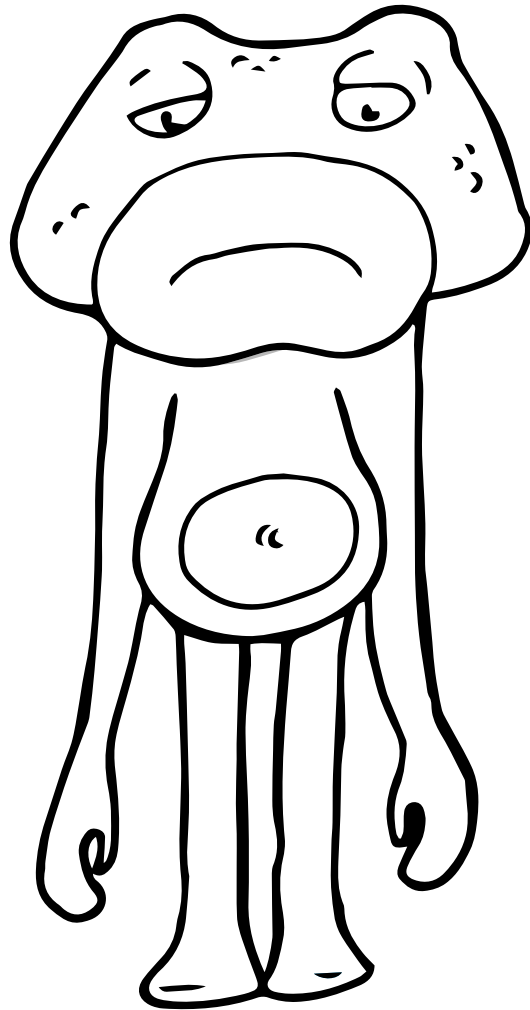
You might feel awake.

You might want to see your friends.

You might _____

You might feel happy if

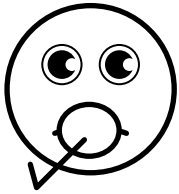
I'm sad.



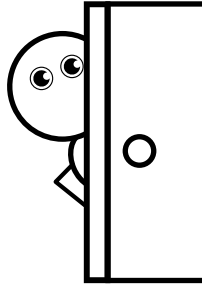
And that's okay.

When you are sad you might want to...

Not
speak



Hide



Cry



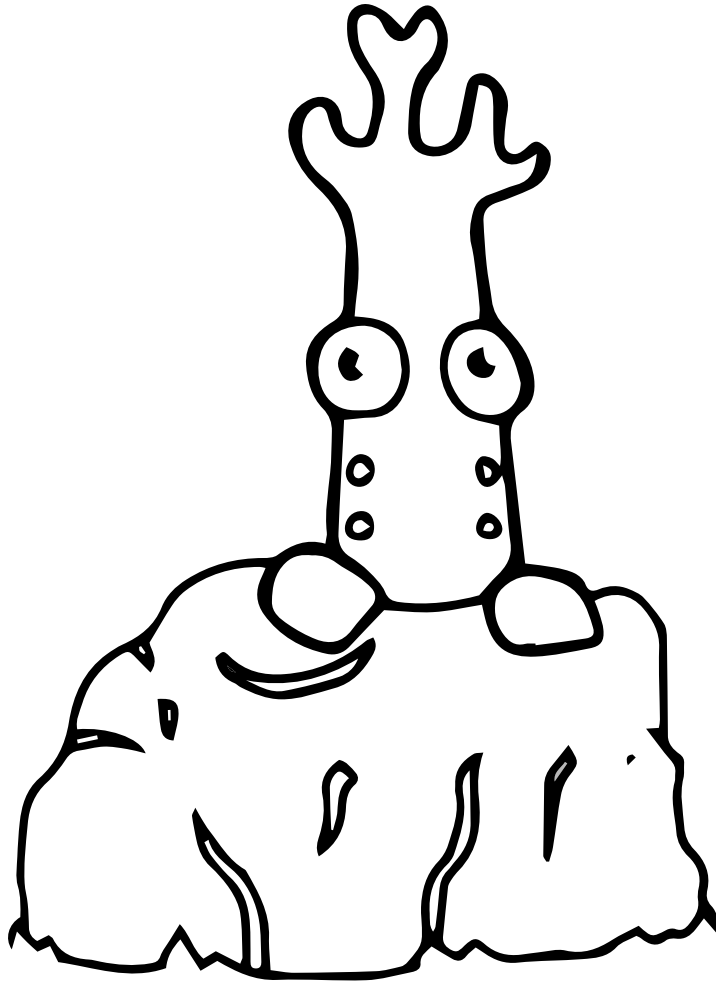
You might feel sleepy.

You might have a hurt head.

You might _____

You might feel sad if

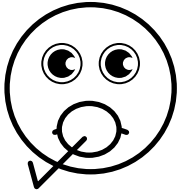
I'm shy.



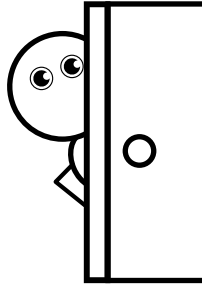
And that's okay.

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

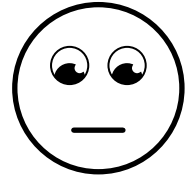
Not
speak



Hide



Look at
the floor



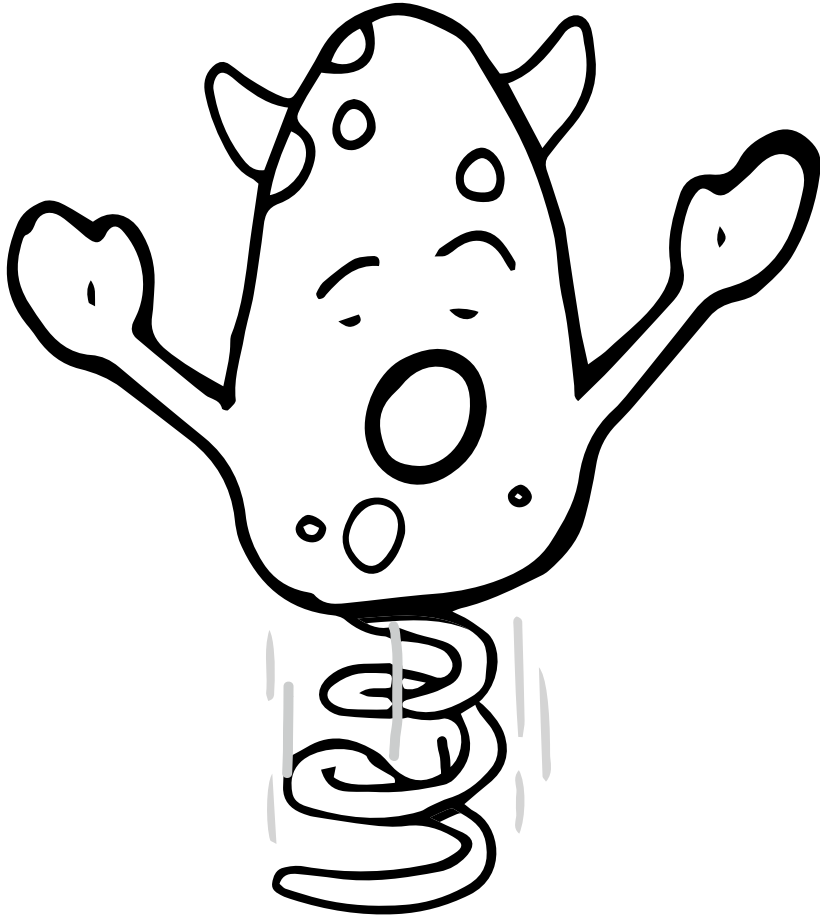
You might feel like not talking.

You might feel scared.

You might _____

You might feel shy if

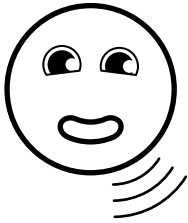
I'm excited!



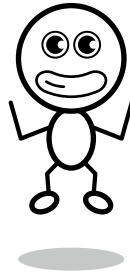
And that's okay.

When you are excited you might want to...

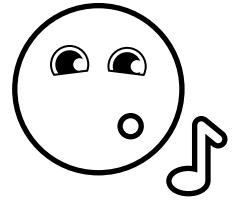
Talk



Jump up
and down



Sing



You might feel awake.

You might feel like running around.

You might _____

You might feel excited if

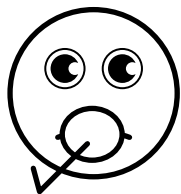
I'm confused?



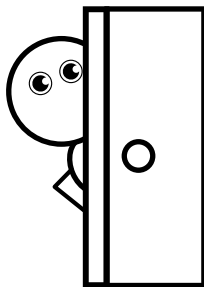
And that's okay.

When you are confused you might want to...

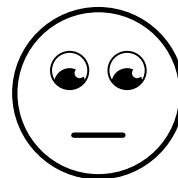
Not
speak



Hide



Look at
the floor



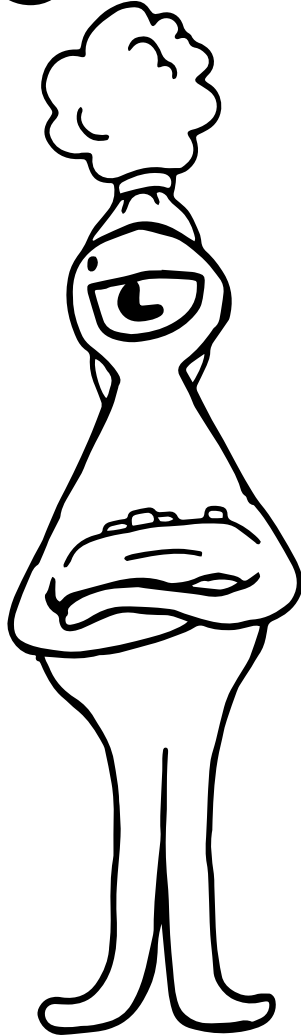
You might feel scared.

You might feel silly.

You might _____

You might feel confused if

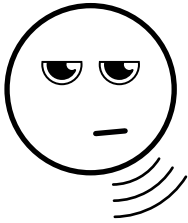
I'm grumpy.



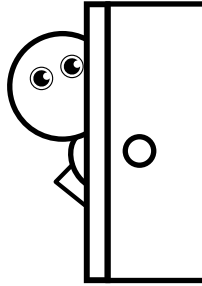
And that's okay.

When you are grumpy you might want to...

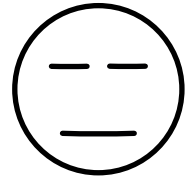
Moan



Hide



Do
nothing



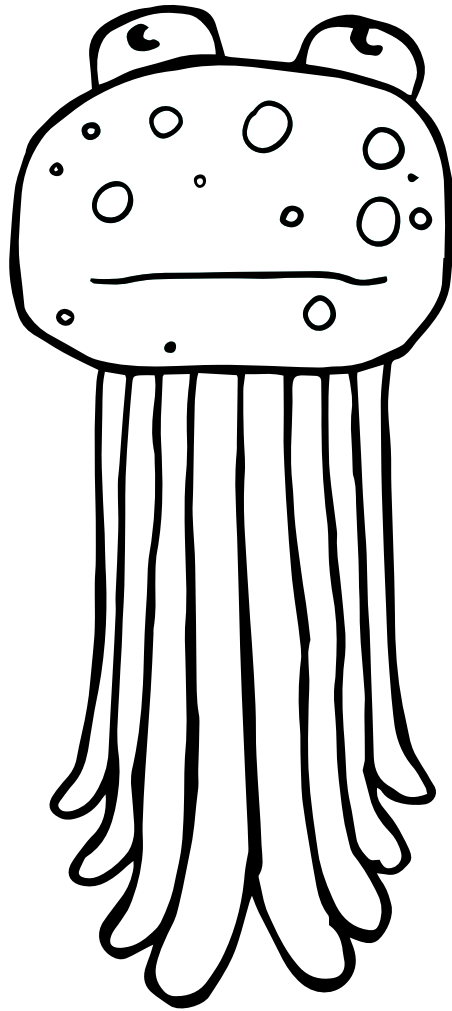
You might feel lazy.

You might feel like not talking.

You might _____

You might feel grumpy if

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!