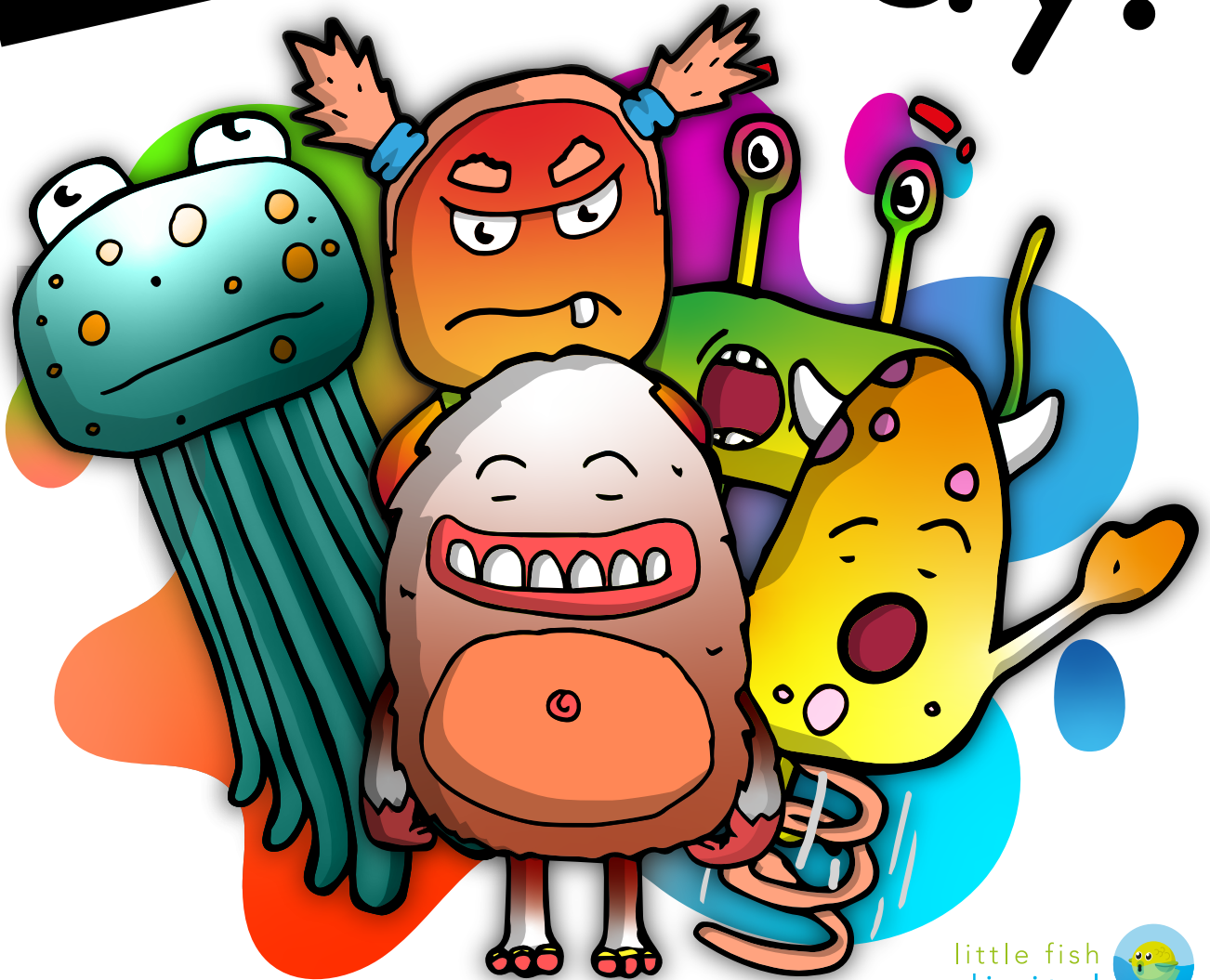


That's Okay!



Chris Dixon

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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!

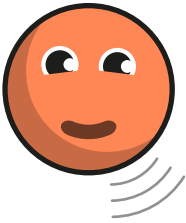
I'm happy.



And that's okay.

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

Talk



Sing



Smile



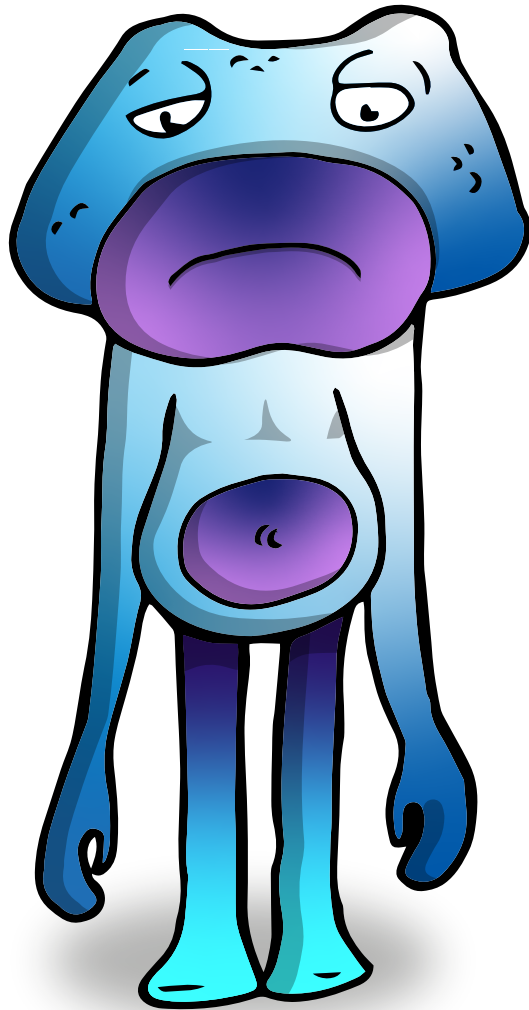
You might **feel awake**.

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.



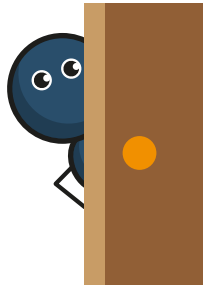
And that's okay.

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

Not
speak



Hide



Cry



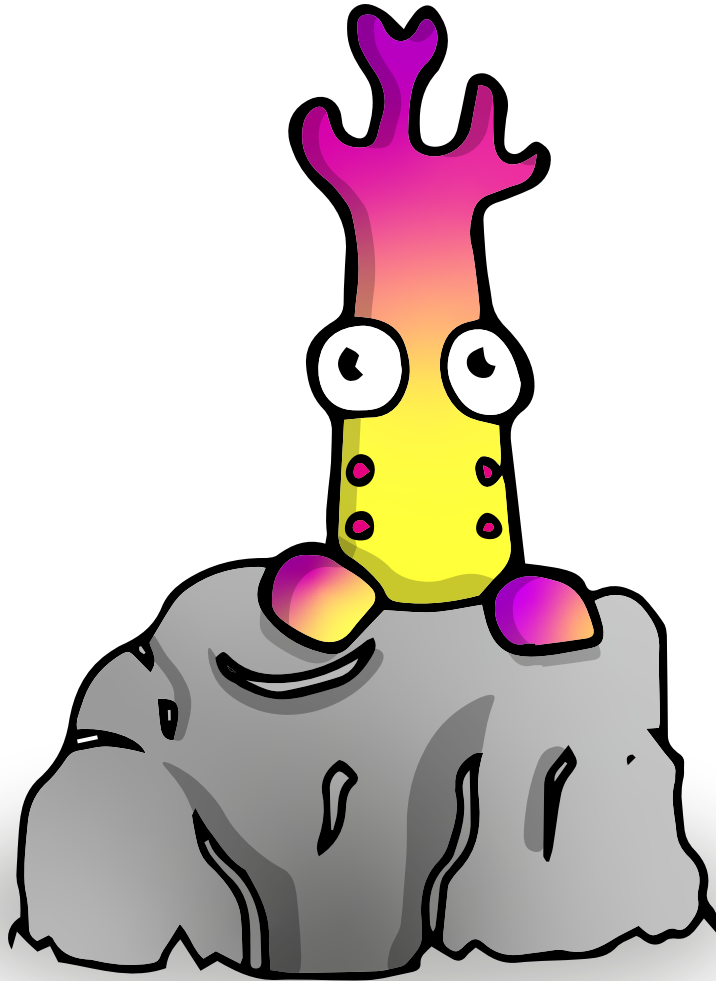
You might **feel sleepy**.

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.



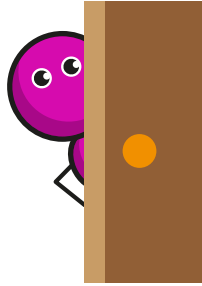
And that's okay.

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

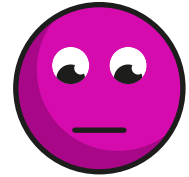
Not
speak



Hide



Look at
the floor



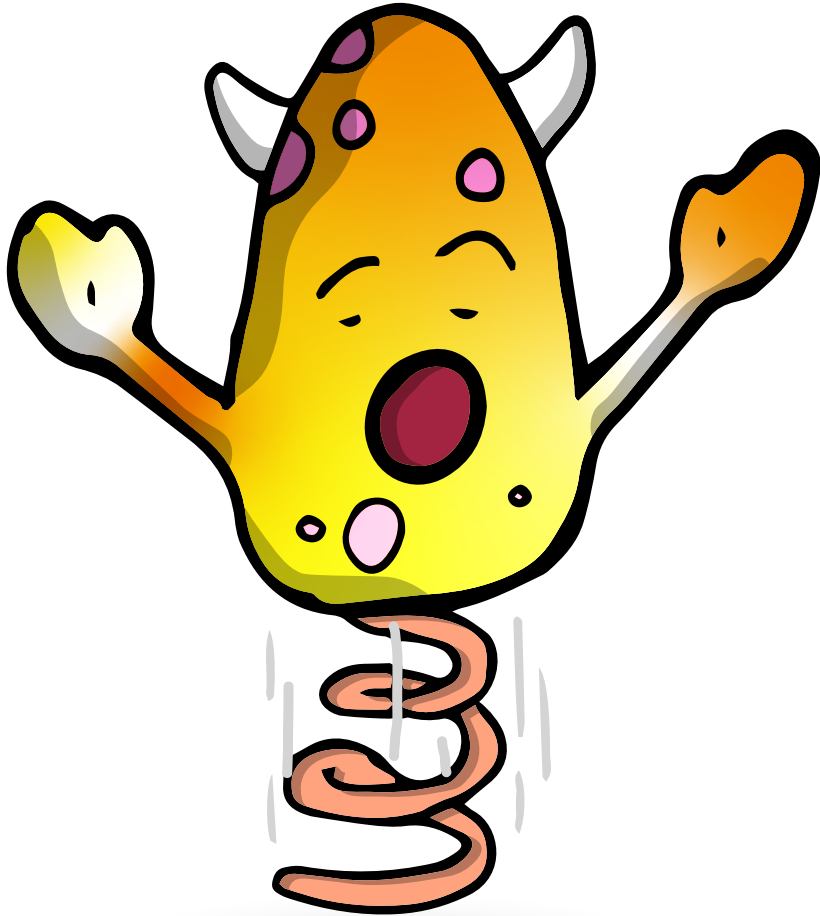
You might **feel like not talking.**

You might **feel scared.**

You might **feel like hiding.**

You might feel shy if you meet
someone new.

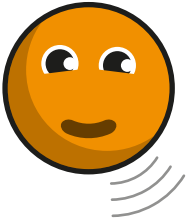
I'm excited!



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.

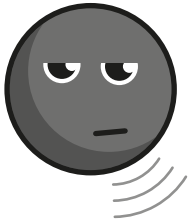
I'm grumpy.



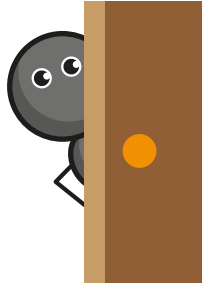
And that's okay.

When you are grumpy you might want to...

Moan



Hide



Do
nothing



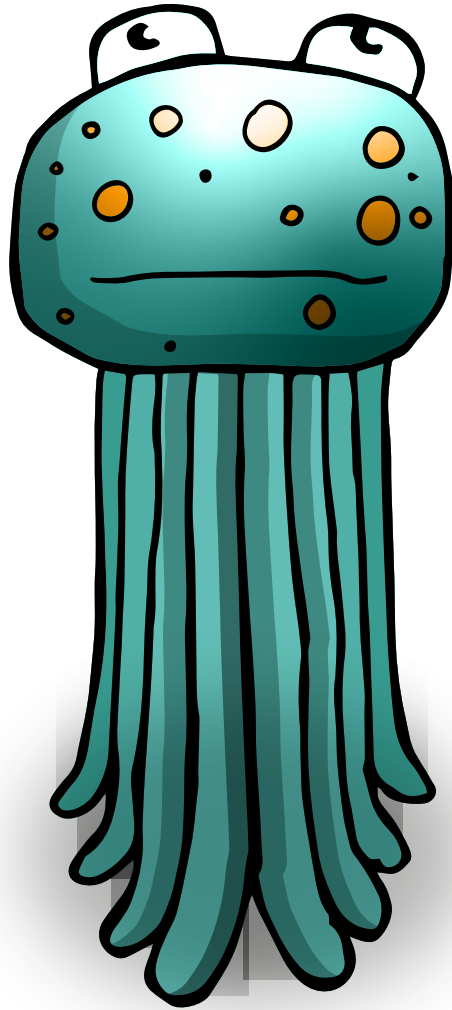
You might feel lazy.

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 okay.



And that's also... okay!

That's Okay!

It's normal to not feel an emotion.

It's normal to feel an emotion.

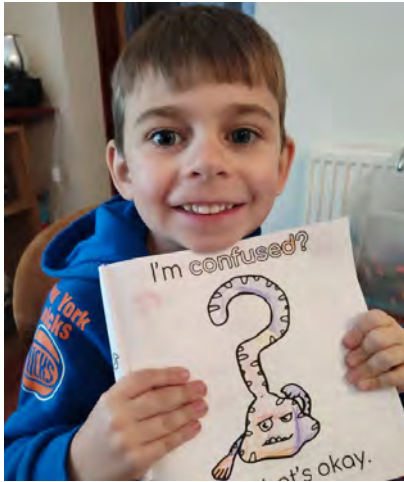
Emotions come and go.

And that's okay!

Get the **digital bundle** online

- eBook with 15 emotions
- 2 audio books
- Colouring sheets

Press here



Book Reviews

“The bright illustrations and colourful creatures will captivate young children and help them understand that all of their feelings are OK”



Sue Atkins

Parenting Broadcaster, Speaker and Author of 'The Can Do Kid's Journal: Discover your Confidence Superpower.'

Book Reviews

“I have used this to work with children and it has made a huge difference to them.

Its also made my life easier as I didn't have to make anything myself.”

Dani

Reviews 58 • Excellent



✓ VERIFIED COMPANY

Any questions, please email chris@littlefish.digital

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