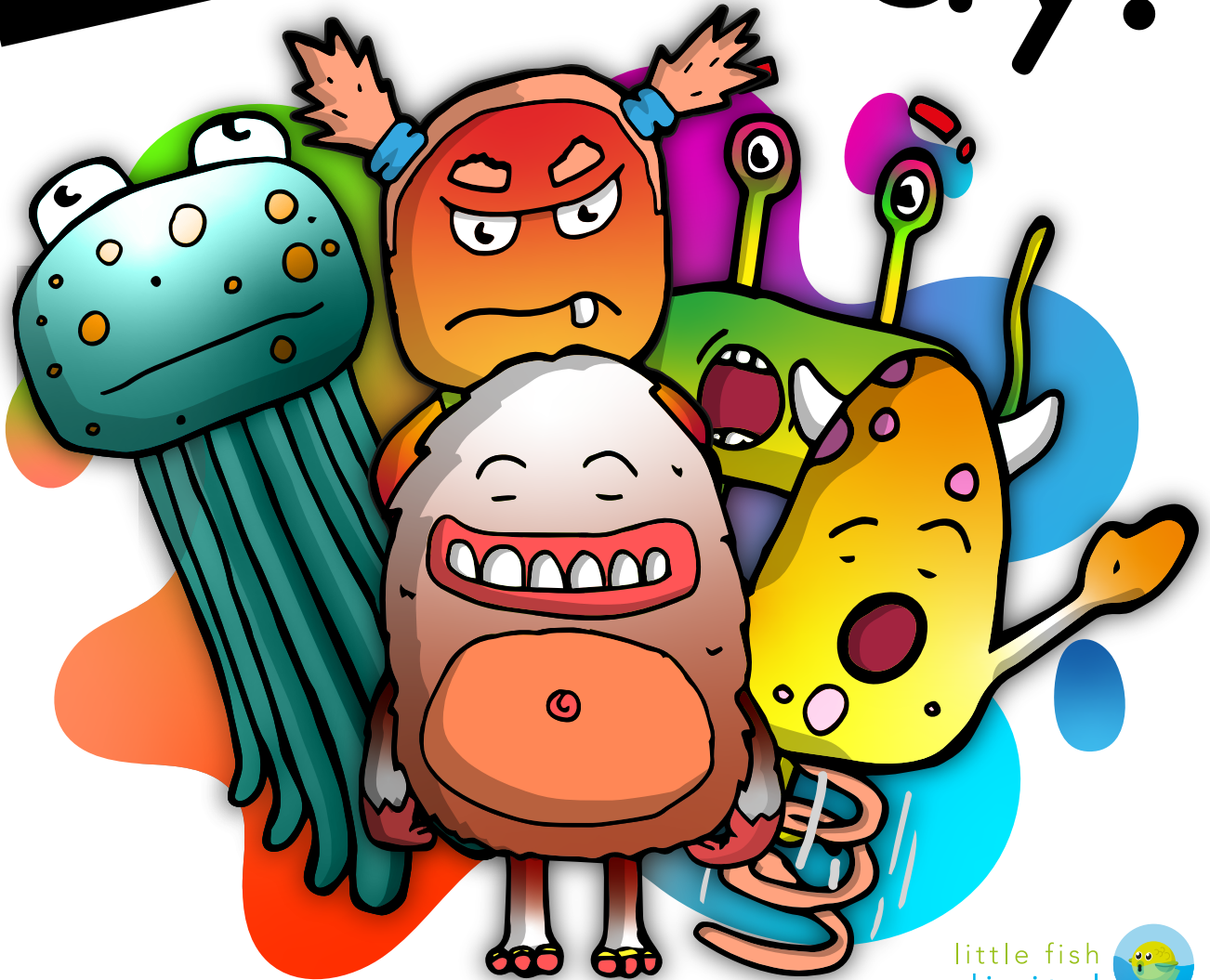


# That's Okay!



Chris Dixon

# 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!

“It’s helped my 5 year  
old son discuss and  
describe how each  
emotion makes  
him feel”

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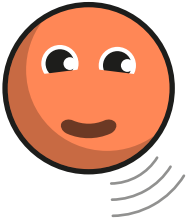
I'm happy.



And that's okay.

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

Talk



Sing



Smile



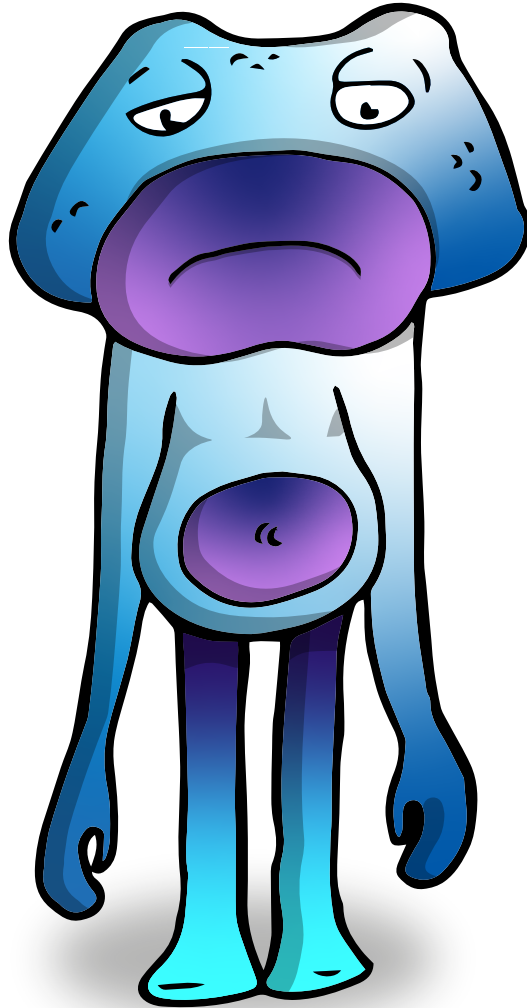
You might **feel awake**.

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.

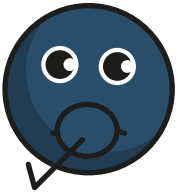
I'm sad.



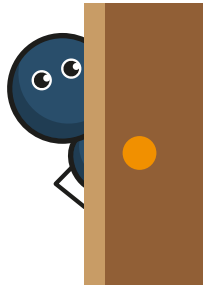
And that's okay.

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

Not  
speak



Hide



Cry



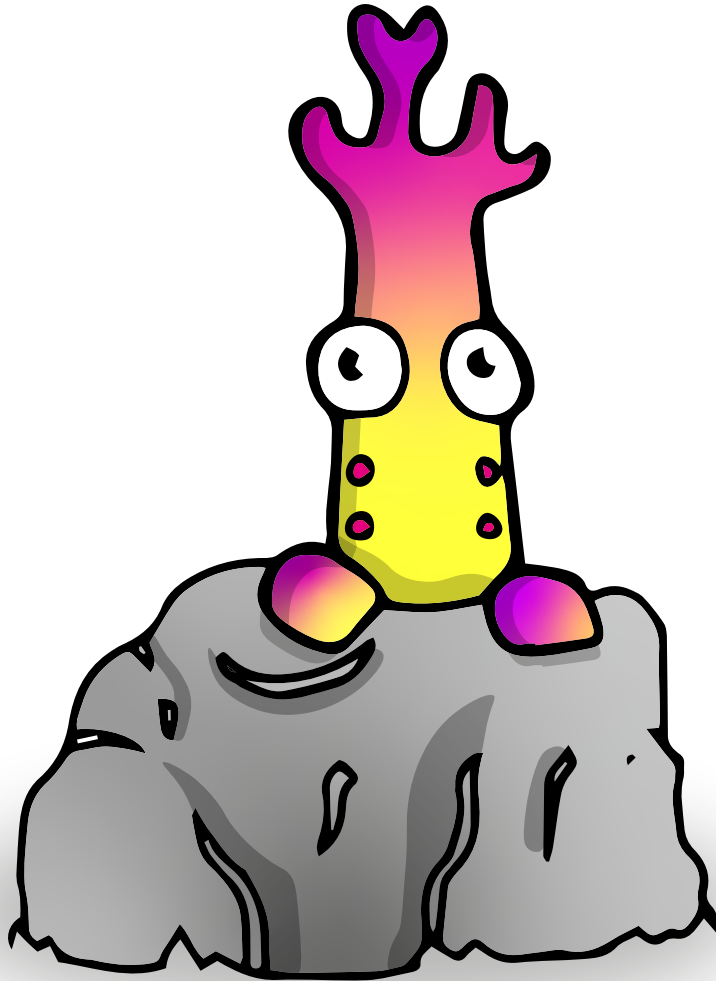
You might **feel sleepy**.

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.

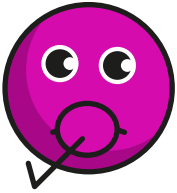


And that's okay.

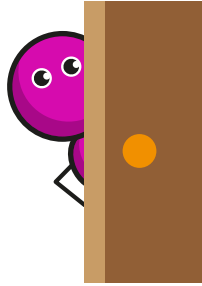


When you are **shy** you might want to...

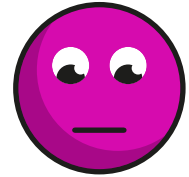
Not  
speak



Hide



Look at  
the floor



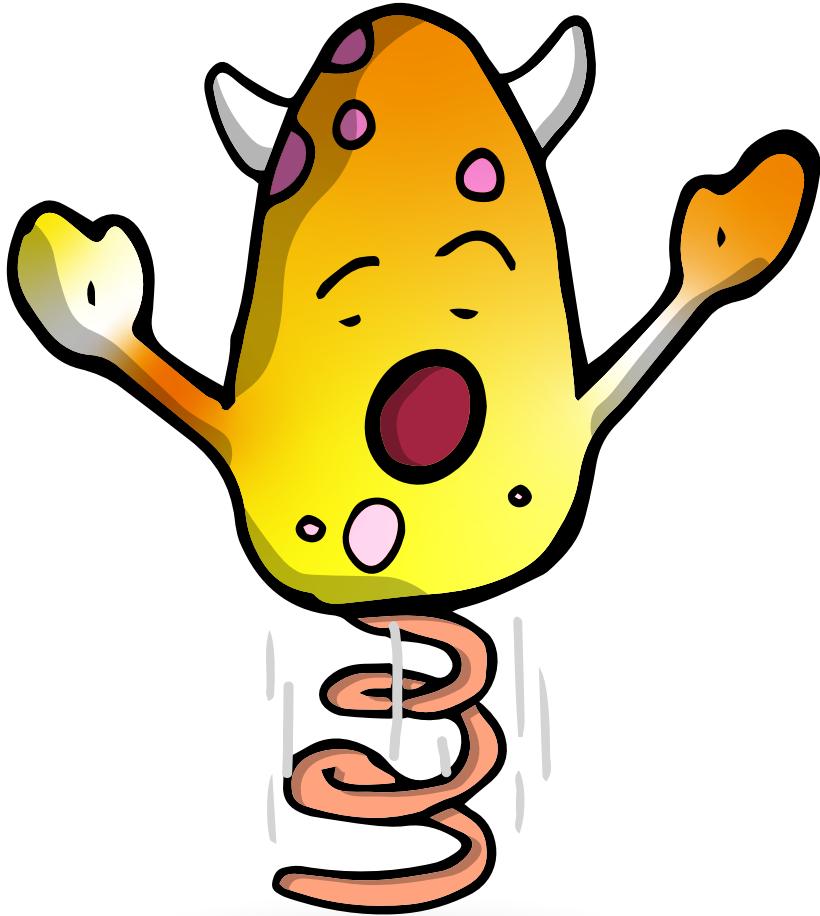
You might **feel like not talking.**

You might **feel scared.**

You might **feel like hiding.**

You might feel shy if you meet  
someone new.

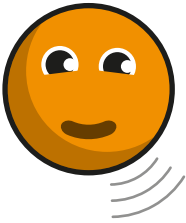
I'm excited!



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.

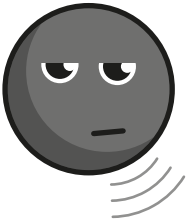
I'm grumpy.



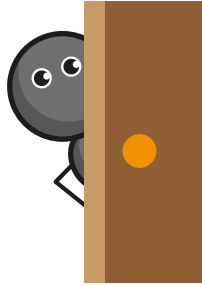
And that's okay.

When you are grumpy you might want to...

Moan



Hide



Do  
nothing



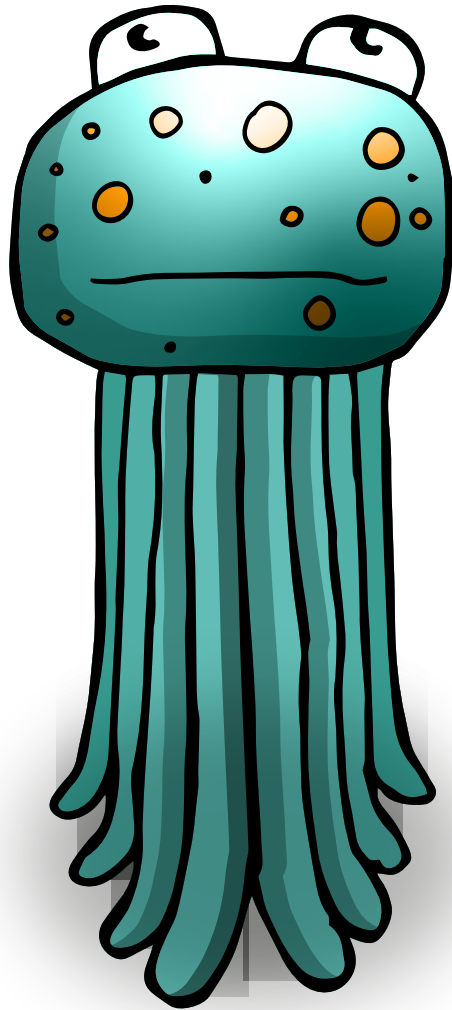
You might feel lazy.

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!

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version for **only £3**

# Book Reviews

“I use it at work with  
**children** who struggle to  
articulate how  
they feel”



Keep reading to get the full  
version for **only £3**

# Book Reviews

“They both loved it,  
especially my 7 year  
old who related **and**  
**was comforted by it**  
**straight away”**



# That's Okay!

Get the **full eBook version**  
online **for only £3!**

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Or go to  
**thatsokay.co.uk**

Any questions, please email [chris@littlefish.digital](mailto:chris@littlefish.digital)

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