

# That's Okay!



little fish  
digital

Chris Dixon

# That's Okay!

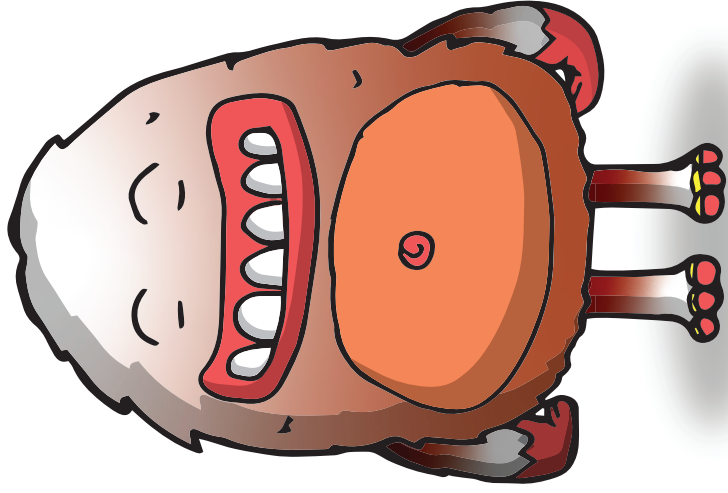
Emotions can feel strange.

So these colourful creatures are here to help.

They have emotions from happy to sad.

They will show you that all emotions are okay!

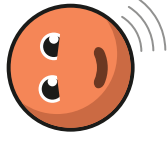
I'm happy.



And that's okay.

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

Talk



Sing



Smile



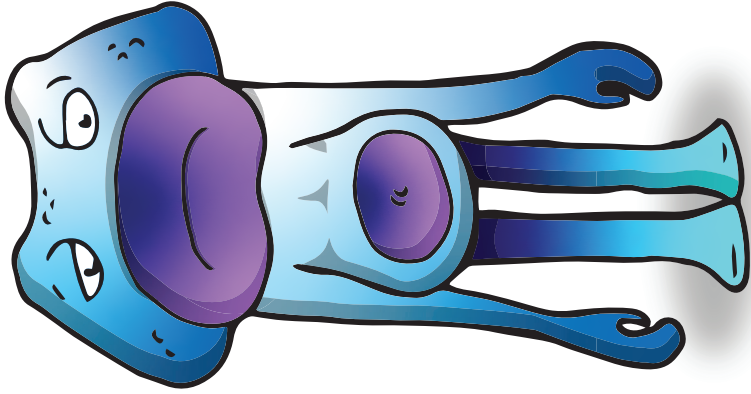
You might feel awake.

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.



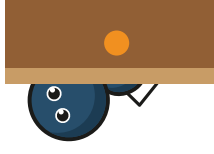
And that's okay.

When you are sad you might want to...

Not  
speak



Hide



Cry



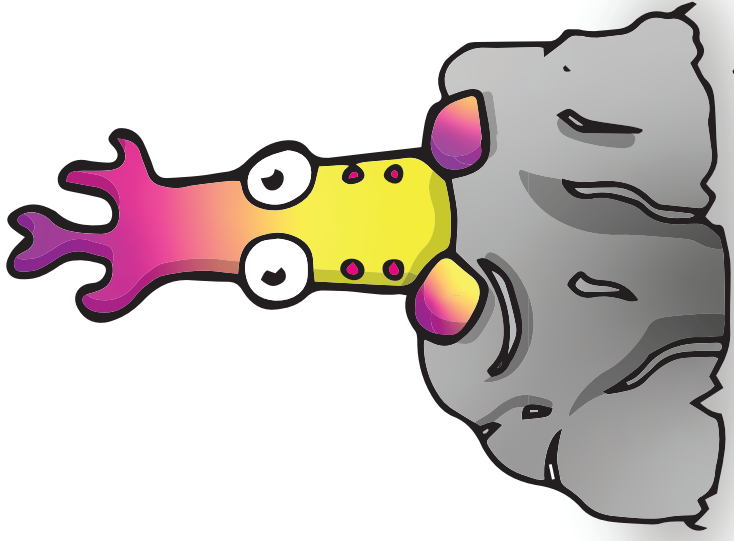
You might feel sleepy.

You might have a hurt head.

You might feel unhappy.

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

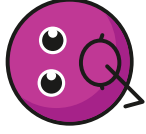
I'm shy.



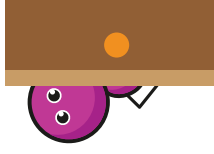
And that's okay.

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

Not  
speak



Hide



Look at  
the floor



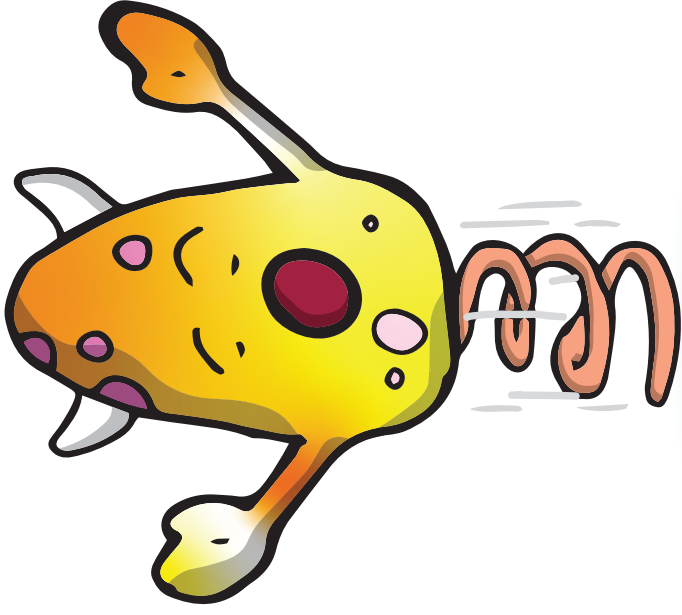
You might **feel** like not talking.

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?



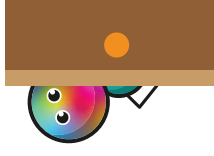
And that's okay.

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

Not  
speak



Hide



Look at  
the floor



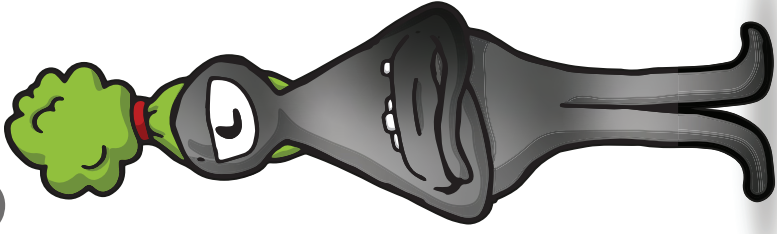
You might **feel scared**.

You might **feel silly**.

You might **feel sad**.

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

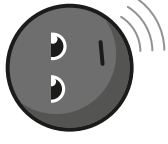
I'm grumpy.



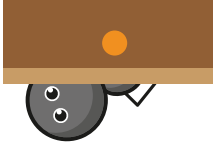
And that's okay.

When you are grumpy you might want to...

Moan



Hide



Do  
nothing



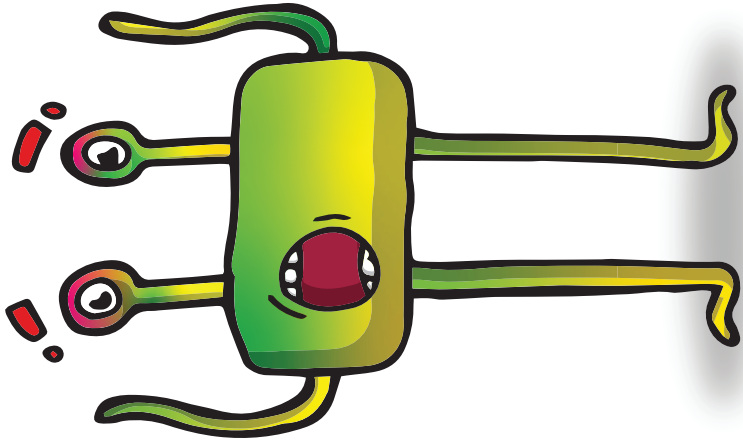
You might feel lazy.

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.

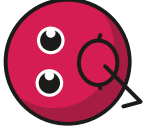
# I'm surprised!



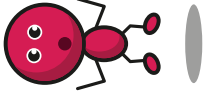
And that's okay.

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

Not  
speak



Jump in  
the air



Smile



You might feel like you can't talk.

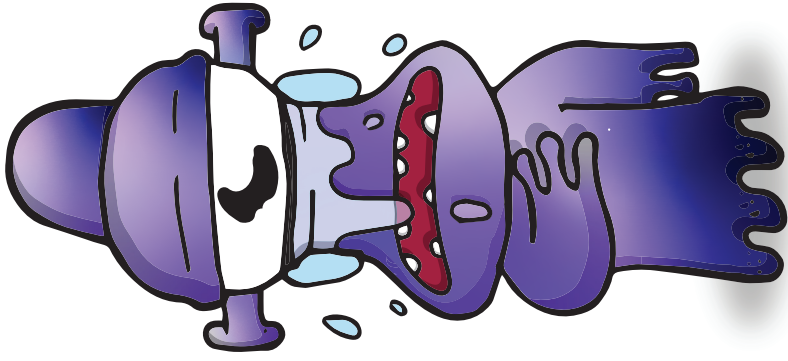
You might feel like you want to jump in the air.

You might feel excited.

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



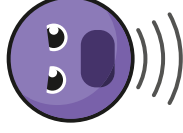
# I'm hurt...



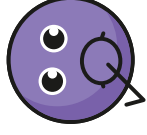
# And that's okay.

When you are hurt you might want to...

Shout



Not  
speak



Cry



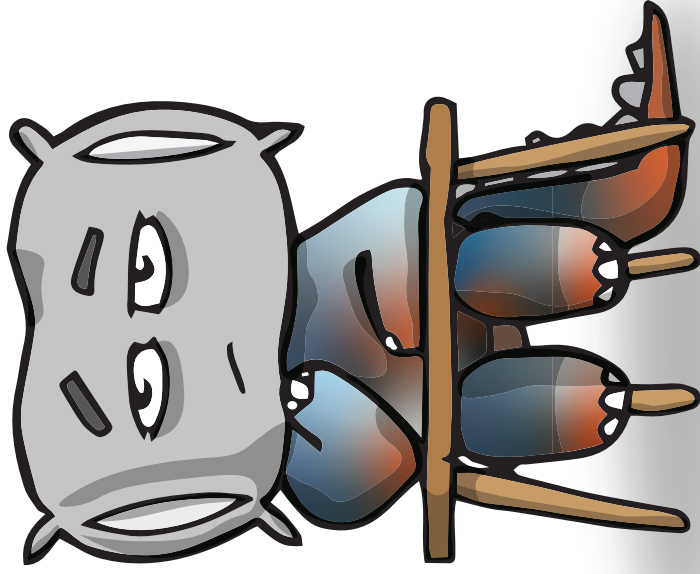
Your chest might feel tight.

You might feel sick.

You might have a hurt head.

You might feel hurt if someone has said  
something mean.

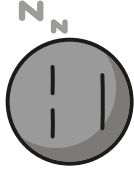
I'm bored...



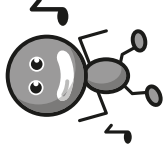
And that's okay.

When you are bored you might want to...

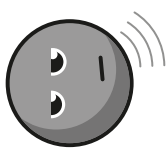
Fall  
asleep



Do  
something



Moan



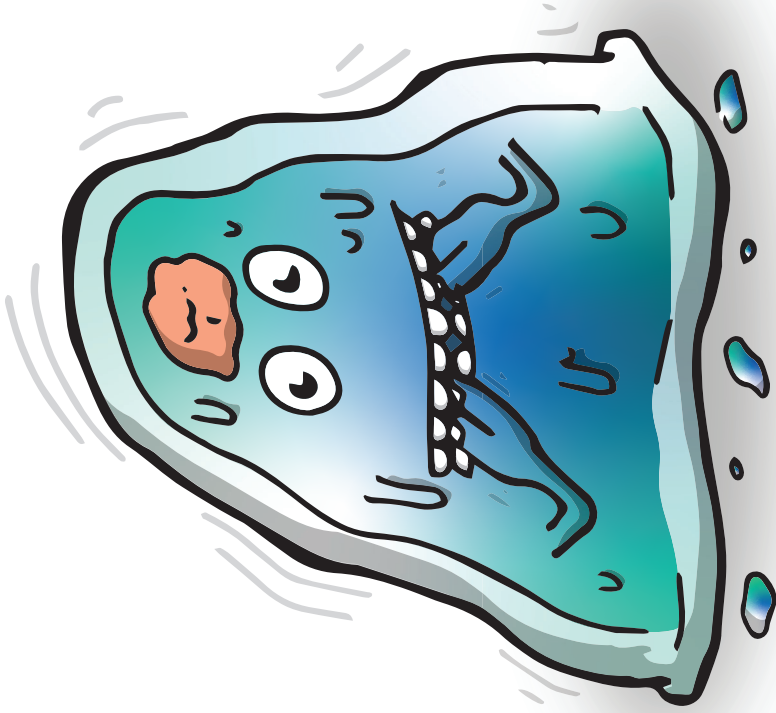
You might feel like sleeping.

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...



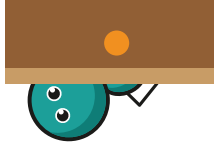
And that's okay.

When you are nervous you might want to...

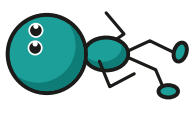
Not  
speak



Hide



Run  
away



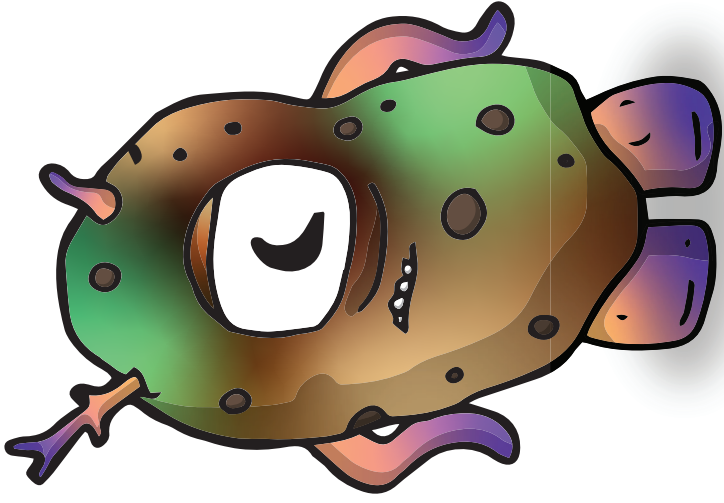
You might feel scared.

You might feel sick.

You might breathe fast.

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

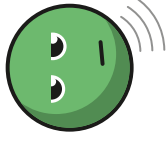
I'm jealous.



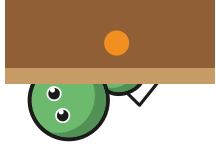
And that's okay.

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

Moan



Hide



Not  
speak



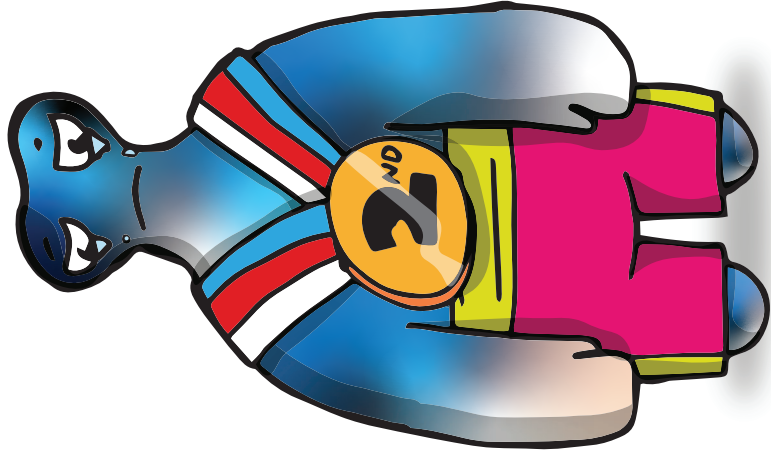
You might feel grumpy.

You might feel like not joining in.

You might feel sad.

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

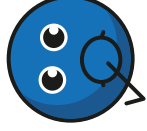
# I'm disappointed...



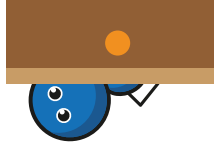
And that's okay.

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

Not  
speak



Hide



Cry



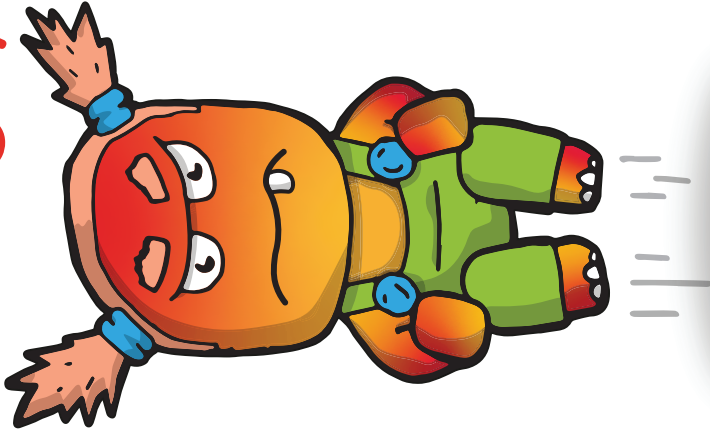
You might feel sleepy.

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



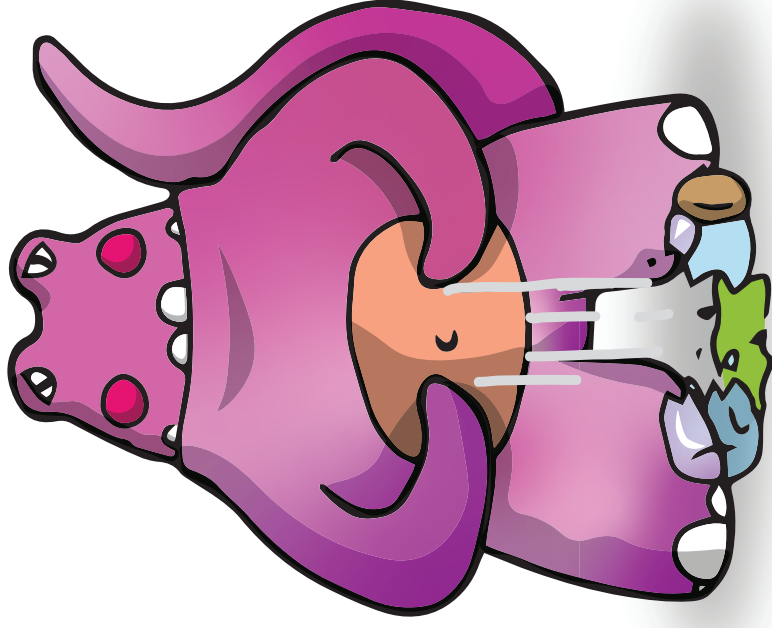
You might **have a hurt head**.

You might **feel hot**.

You might **scream**.

You might feel angry if  
someone broke your toy.

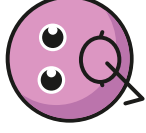
# I'm embarrassed.



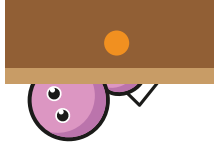
And that's okay.

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

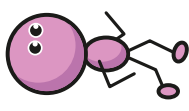
Not  
speak



Hide



Run  
away



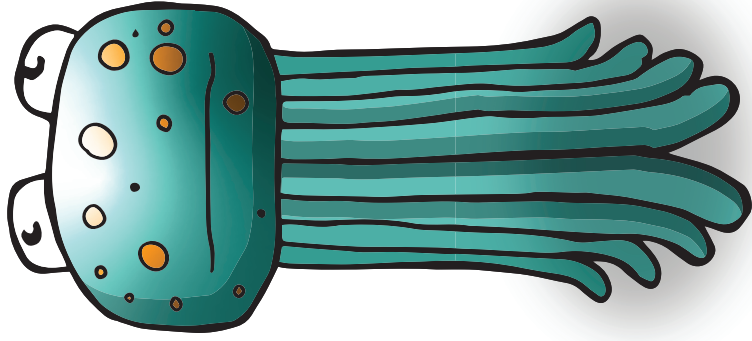
You might feel like not joining in.

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.

