

A story about BIG emotions and the power of empathy



BIG FEELINGS

From the
New York Times
bestselling creators of
**ALL ARE
WELCOME**



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BLOOMSBURY





For all my little friends with big, big feelings, you are always lovable,
you are always loved, and you can do hard things.

– A.P.

For kids with big feelings and tremendous hearts but especially for S.,
who showed me the way.

– S.K.

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It's time to play.



Big plans today!





Feeling bold.



But sometimes things
get in the way . . .



Feeling mad.



Goodbye, happy.



Hello, sad.



I have big feelings.

You have them, too.



How can I help?
What can we do?



Talk it out?
Talk it through?



I am sorry.
I am, too!



New plans today,
and that's okay.



We won't let this
get in the way.



I feel hopeful.

I feel tired.



I feel frustrated.

I feel . . . *inspired*.