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




LOVE

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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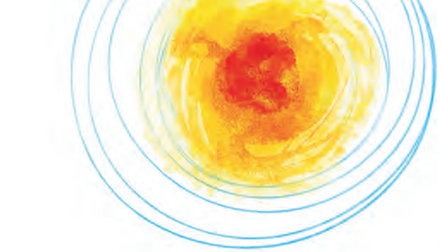


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It's time to play.


Big plans today!







But sometimes things
get in the way . . .

Feeling bold.





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.*