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That's Okay!



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little fish digital



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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!

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I'm happy.



And that's okay.

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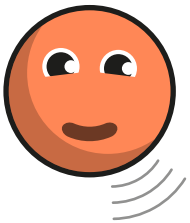
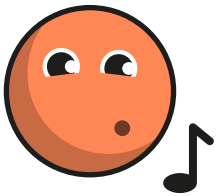
When you are happy you might want to...

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.