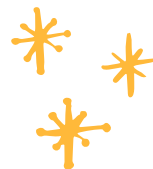


BIG Feelings in Books



Think of your favourite book, what were some of the BIG feelings that were felt by the characters in the story? Write (or draw) them in the box below!



What could the characters have done to manage their BIG feelings? Think of some calming strategies and add them this box. You can write or draw!

