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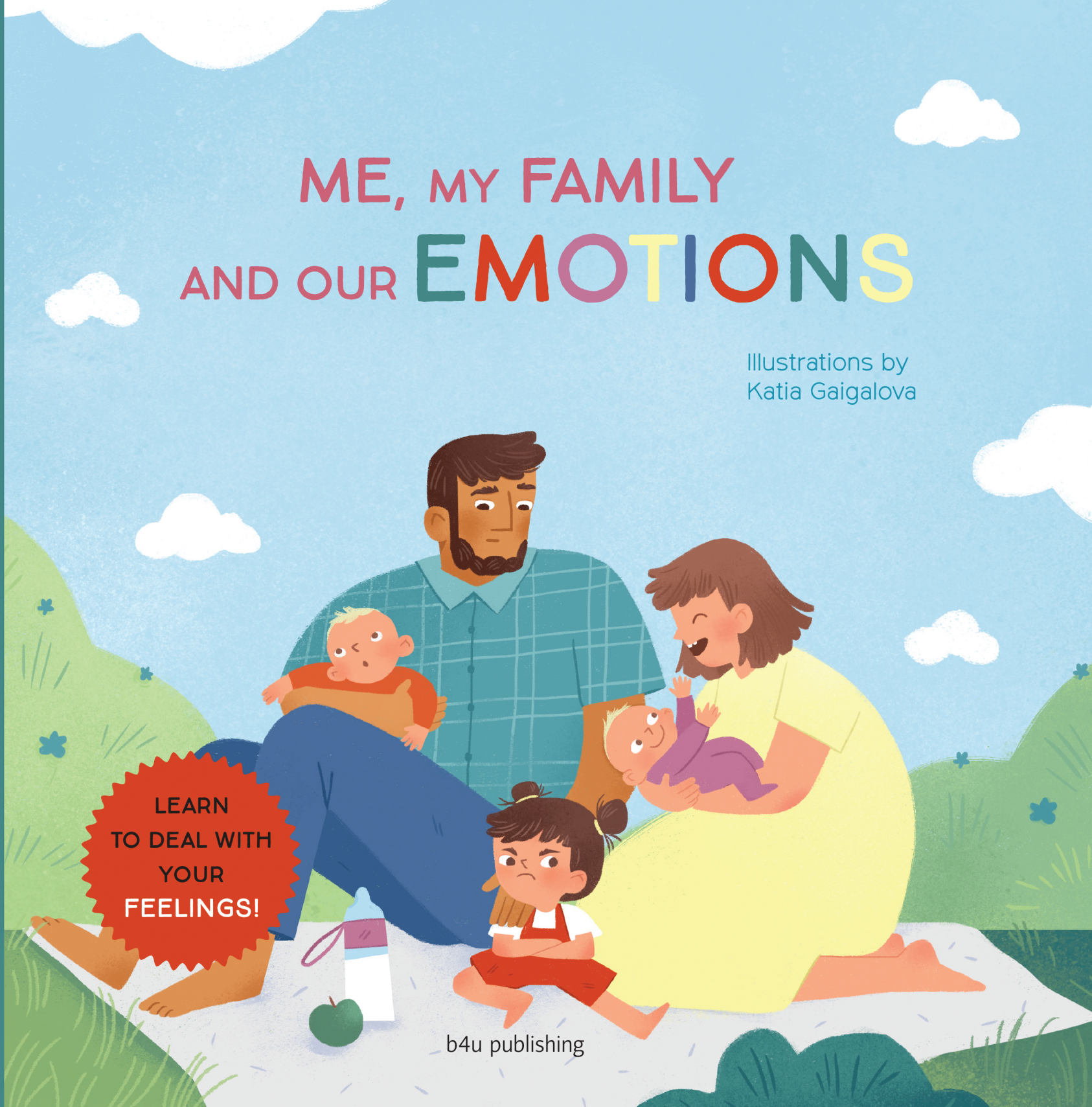
ME, MY FAMILY AND OUR **EMOTIONS**

# ME, MY FAMILY AND OUR **EMOTIONS**

Illustrations by  
Katia Gaigalova

LEARN  
TO DEAL WITH  
YOUR  
FEELINGS!

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What a busy afternoon! Veronica's parents are having a big party for all their friends and relations. It's because two new babies are about to come into their family. Veronica isn't sure that she is glad about this. She keeps wondering if her life will change. And if so, how? Will Mum and Dad still be her parents?

**Veronica looks about and counts the faces she recognizes. Some people she knows, some she doesn't. Do they all have families too? And are these families the same as or different from hers?**



Veronica's worries begin on the day Mum and Dad bring home a big pram. She is **afraid** of the change to come. She wishes that her family would stay as it is, with just her, Mum and Dad in it.



## There are different kinds of families...



small ones



big ones



adventure-loving ones



calm-loving ones



Veronica would like to play with the babies, but this isn't so easy. They don't know how to do anything! Will Mum come and play? No, she won't – the twins want her again...



Why do **we all** want something different?

Even when each of us wants something different, together we can...



Take a trip.



Enjoy a picnic in the park.



Go on a treasure hunt.



Read a book in a den.



Veronica would like to be with her parents all the time. But now Dad is leaving for work. Dad, come and play with me some more!



She is **missing** him already.

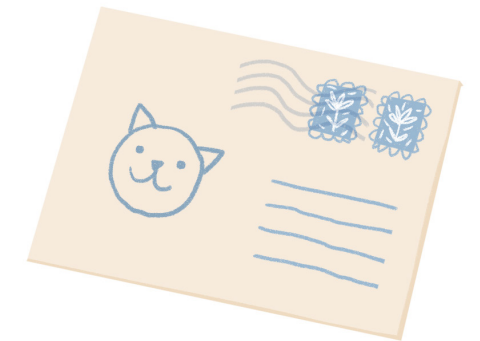
## When we don't see our loved ones for a while, we might...



Phone them or see them in a video call.



Get a heart on your hand, as a reminder of your love.



Send a postcard.



Find fun in being alone.



No-o! What have you done, Grandpa? Veronica is so angry and upset that she doesn't know what to do with herself. Grandpa has been clumsy.



He has stepped on Veronica's masterpiece and **made her heartbroken.**

## If we do something that hurts someone, we should...



Own up to our mistake.



Apologize.



Accept that the other person is angry with us.



Come up with an idea for how to make things better.



# WHAT IS YOUR FAMILY LIKE?



As you know, no two families are the same. Yet all families have lots in common.

Whatever our family is like, all its members care for and help each other. We are like a team.



HOW ARE  
YOU FEELING  
RIGHT NOW?

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
There's a garden party today! Soon Veronica's mother will have twins. But the girl is not happy about it. In fact, she's worried: How will her family change? What if her parents love the babies more?

We all feel uncomfortable in our family sometimes. Even though we are close, at times each of us feels and needs something different and we don't understand each other. Do you want to know how Veronica coped with the arrival of her siblings?

**Join her, explore the feelings we may experience in a family, and find out how to deal with them yourself.**



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WARNING:  
Choking hazard.  
Not suitable for children  
under 36 months.

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