

You have Feelings Too

Romana Suchá

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Illustrated by Jakub Cenkl



Others feel threatened,
frightened or upset around him...

I'll get you
back!

Let's not be
friends with him!

I don't like
him anymore!

He spreads his fear both far
and near. His screams and
stamps are just the start,
striking terror in each heart.
Everyone he meets today will
get out of his way.

What happens when you show your anger?
How do others feel when you do?

I won't invite him to
my birthday party.

What does Jerome the crocodile need from others?
What would help calm him down?

- » Ask him why he is angry. Let him know that now you understand why.
- » Apologize to him if there's a reason to.
- » Tell him clearly what he shouldn't do, but also what he should and can do.
- » Tell him what you don't like about his behaviour and why.

Tabby the Tomcat

SADNESS

Who's that crying?



It's Tabby the tomcat.

Something must be **bothering** him.



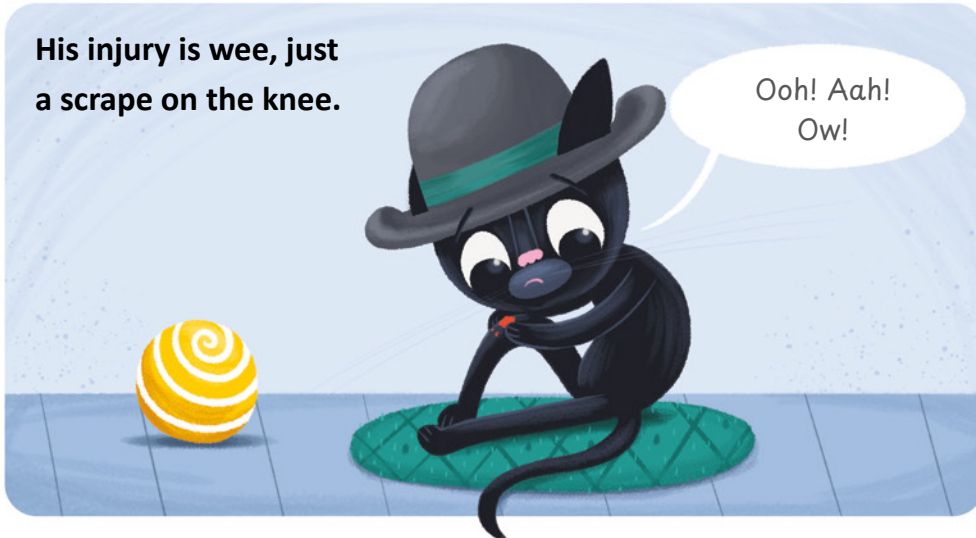


**What are the reasons why
he feels the need to cry?**

**Tabby is lost for words, his mug is
reduced to shards.**



**His injury is wee, just
a scrape on the knee.**



**Now he's writhing in pain.
'Oh my, all loss, no gain!'**



What was the last thing that made you sad?
Do you know what can make someone sad?
Who else has been feeling sad lately?

Others worry about him and share in his pain and sadness.

What happened to him?

I'd like to help him, but I don't know how.



Until his sadness passes, he always wears dark glasses. Try as he may, nothing mends his day.

What can happen if you feel really, really sad?

I feel **so** sorry for him!



What would Tabby the tom need from others?
What would ease his suffering?



- » He could use a warm hug or a tender stroke.
- » Talking to someone about his troubles might help.
- » A walk in the country might lift his spirits.

Lucy the monkey is cheerful,
radiant and energetic.



The world is
beautiful.

I have all
I need.

I'm good
at this.

I'm satisfied.

**All energy and fun, she gets
a great deal done.**

What do you look like when you
feel joy? Show us how you express it.
Where do you feel it?



Others feel joyful around her.
They want to have fun, dance and sing with her...



How do others treat you when you're joyful?
What brings you joy? How can you find
it within you?

Others try to get Bubbles to be braver.

You could train with us.



Why didn't she join us?

She sits at home all day, never goes out to play. She hangs her head, clutches her knees in dread.

She's weird.



What can happen when you let your fear take over?
How do others behave when you are very afraid?

What would Bubbles the mouse need from others?
What would help her find strength and courage?



- » Reassure her that we want to help.
- » Be patient with her. Give her time.
- » Show her how.
- » Praise her for what she has done well and what she is good at.

Lenny the Lion

COURAGE

Who's that standing alone
against the odds??



It's Lenny the lion.

Maybe he's trying to prove
his **courage** and looking for a way to help Bubbles..

