Free personalised storybook · Ages 3 to 7

My Big Feelings

Wobblin floats along on every page to keep your child company and give a little hint for each picture.



How to make the book

1. Print the pages single-sided. Skip this page.
2. Write your child's name on every lilac name line. Older children can do it themselves.
3. Ask the question on each page and write down your child's answer, in their words.
4. Your child draws a picture in each box. Scribbles count!
5. Staple down the left side, or punch holes and tie with ribbon or wool.
6. Read it together, again and again.

Tip for this book

Make this book on a calm day, not in the middle of a meltdown. Then read it together often, so the calming ideas are familiar when feelings get big.

Make it work for your child

- Do one or two pages at a time. A storybook can take a week to make.
- If drawing is hard work, glue in photos, stickers or pictures cut from magazines.
- Children who don't talk much can point to choices you offer, or show you.

More free printables: **earlychildhoodedu.net**

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_____ and the Big Feelings

name



Draw your face feeling happy

Written and illustrated by _____

name

Age _____ · **Date** _____

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Draw a happy time

_____ feels happy when

name

_____.

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Draw a worried face

Sometimes _____ feels worried. _____

name name

_____ feels worried when _____.

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Draw how your body feels



Sometimes _____ feels cross or frustrated.
name

When that happens, _____'s body feels
name

_____.

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Things that help _____ feel calm:

name

Tick the ones that help. Draw one in the box.

- ☐ A big hug
- ☐ Slow, deep breaths
- ☐ Music or a song
- ☐ A favourite toy
- ☐ A quiet space
- ☐ Squeezing a cushion
- ☐ Moving my body
- ☐ Something else: _____

Draw something that helps



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Draw your helper



When feelings get really big, _____ can ask
name

_____ for help.

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Draw yourself feeling calm

Everyone has big feelings sometimes. _____ is learning what helps, a little more every day.
name

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The End



About the author

Draw yourself, or glue in a photo

This book was made by _____ (name), who is

---------- years old. _____ (name) likes

----------.

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