



Do your Big Feelings
make you feel
tired and sleepy,
like a brown bear in winter?



Special delivery, Jesus!

When you have a Big Feelings day, draw a picture of your Big Feelings and then put it in an envelope and imagine you are mailing your feelings to Jesus. Jesus loves you and cares about your feelings!



Do your Big Feelings make you
not want to go to sleep,
like an owl
who stays up all night?



When you have a Big Feelings day, slowly breathe in your Big Feelings, like you are smelling a delicious birthday cake. Then you can blow out your Big Feelings to Jesus like you are blowing out birthday candles.



Do your Big Feelings make you want to make you roll around on the ground, like a great, roaring tiger?

Squeeeeeeeze!



When you have a Big Feelings day, make a ball with playdough and squeeze out all of your Big Feelings to Jesus. He loves and cares about you and your Big Feelings too!



Do your Big Feelings make you want to stomp around and destroy things, like a giant dinosaur?



When you have a Big Feelings day, you can talk to Jesus, yell to Jesus, or whisper to Jesus. He will hear your Big Feelings because he is right next to you. He loves you and your Big Feelings too!

Directions for Parents

1. Print out sheets 1 and 2.
2. Cut along the solid lines.
3. Fold along the dotted lines.
4. Tape the edges together.



Help Kids Discover that Jesus Cares About Their Feelings

Big Feelings Days is a tender and engaging picture book helps children ages 3-7 learn how to release their feelings of grief, anger, and heartbreak in creative ways to a God who cares.

