



How do you feel?

Feelings, from sadness to happiness

How are you feeling today? When you were really small, you could only tell if you felt good or you felt bad. That's why you cried whether you were hungry or your tummy ached. Now you are big and you no longer cry when you are hungry, because you have learned that the feeling goes away if you eat something.

As you grow bigger, you will learn a lot about feelings, because growing up is a great adventure in which you are always learning new things!





I love you so...

Do you remember when you were in your mom's belly? Maybe you could already feel all the love your parents had for you, even when they had not seen you yet! Love is so big and so intense that it covers everything. It's bigger than a house, the sea... it's even bigger than the whole universe!



There are different ways to love. You love your parents in a different way you love a friend, and the way you love a cat or a flower is not the way you love grandpa and grandma!



Phew! It's scaring!

It's nighttime, your parents have gone to bed and you are alone in your room. It's dark and you can hear thunder outside. Moooooooooom! I'm afraid! Or maybe you have had a nightmare. Try to get up from bed and turn on the light. It's not so bad with the light on, is it?



We can be afraid of many different things, but that should not worry you. As you grow bigger, things that make you afraid now will disappear never to return.

