I Have Feelings

Written by
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Illustrated by
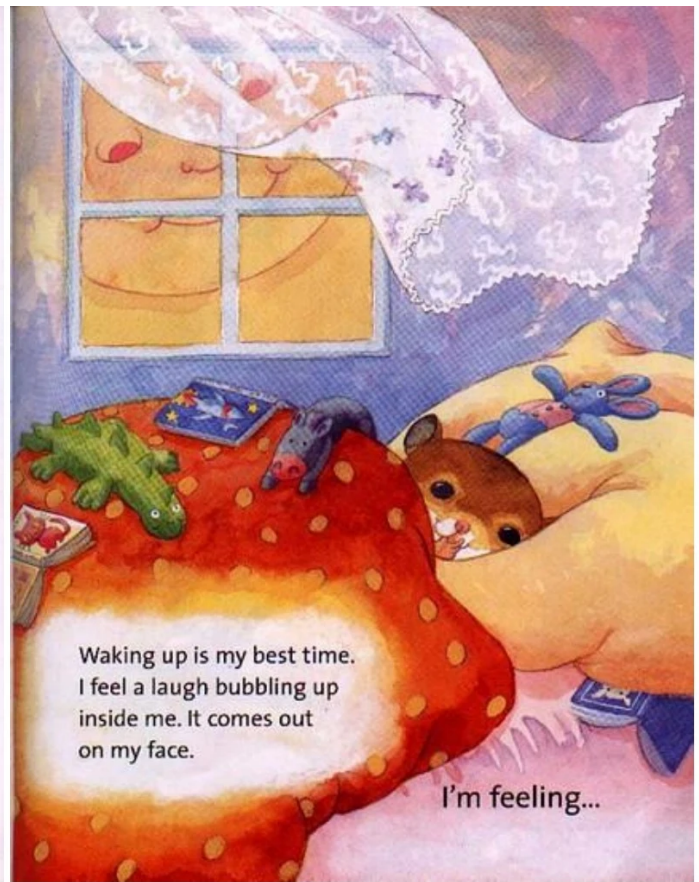Sue Porter

SCHOLASTIC

Everyone has feelings –
mummies, daddies, children –
even babies do!
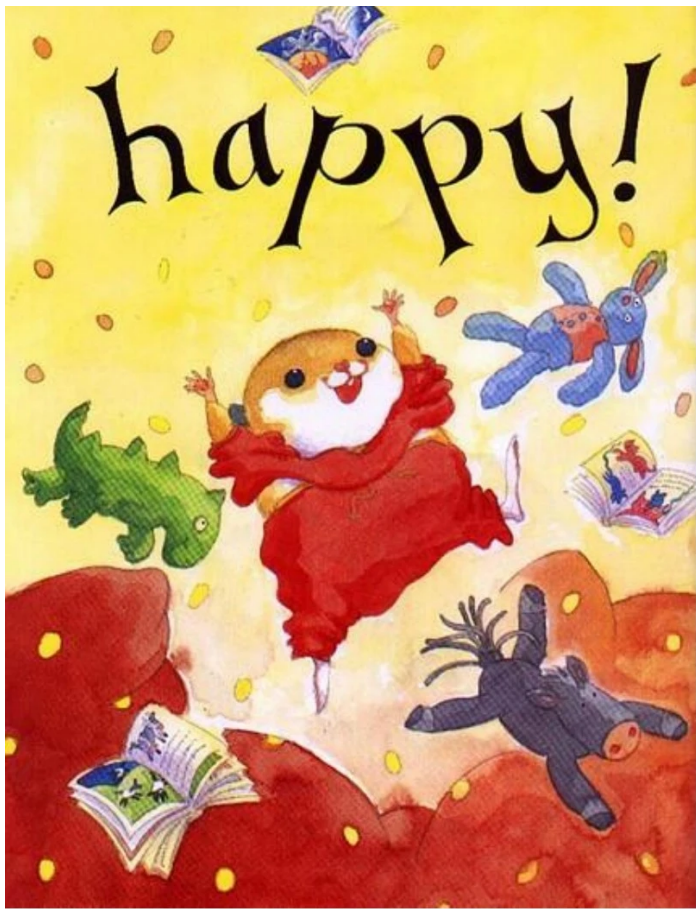Everyone has feelings...

...just like me and you.

Waking up is my best time.
I feel a laugh bubbling up
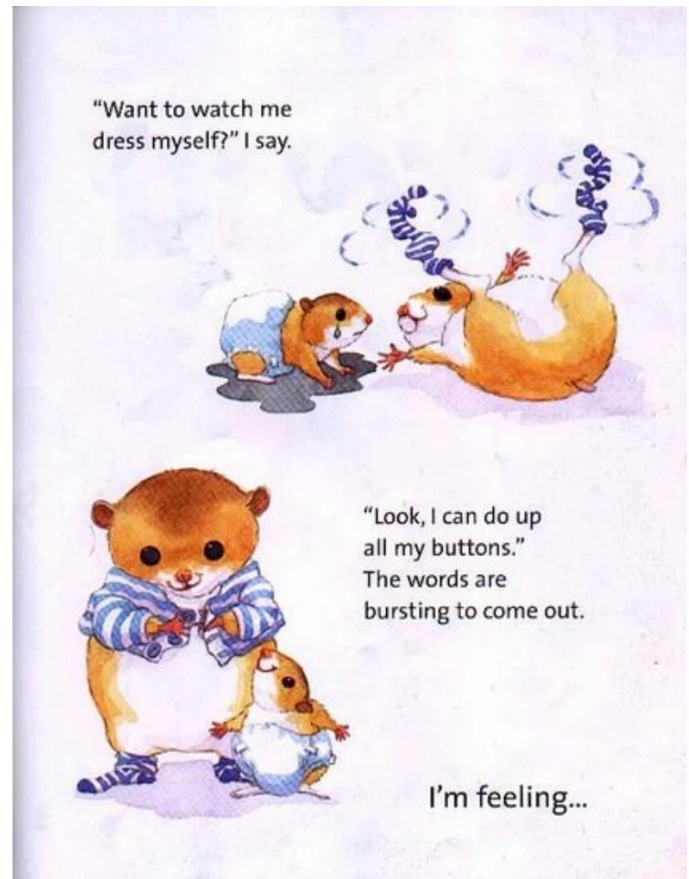inside me. It comes out
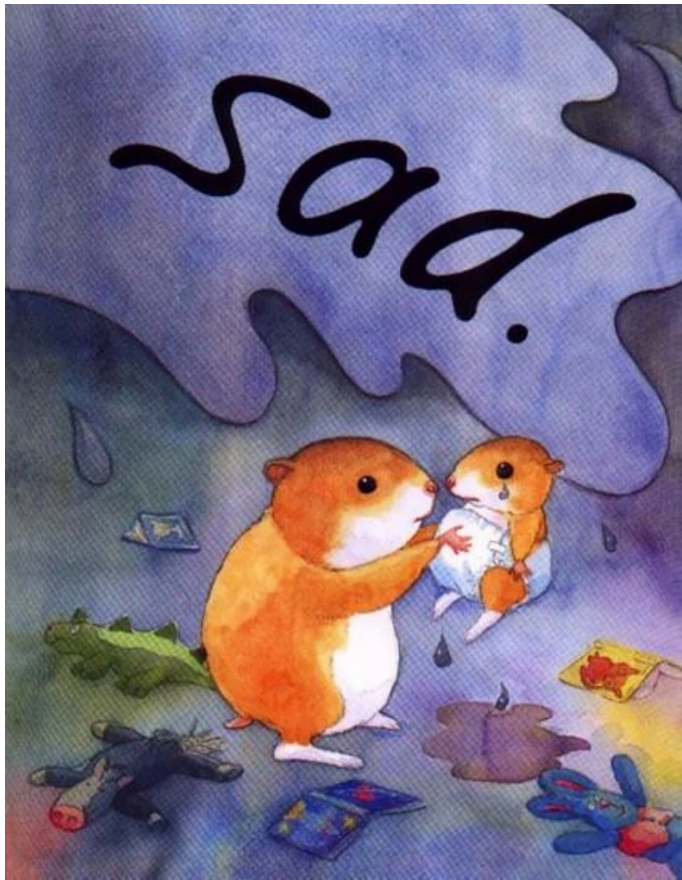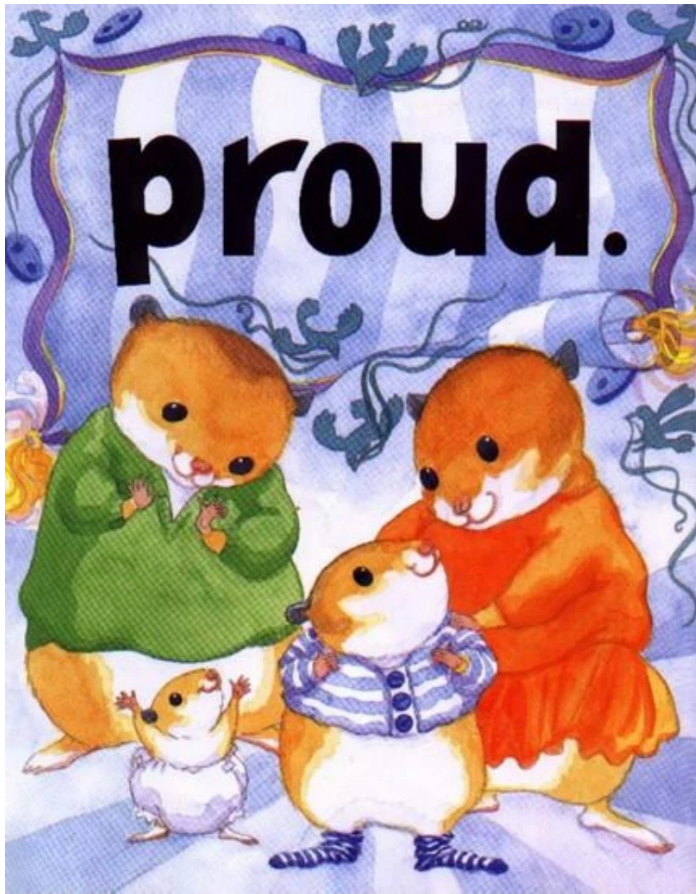on my face.

I'm feeling...

happy!

Uh-oh! Someone's not happy now.
My baby sister feels full up
with tears and she needs
to cry them out until
there are no more left.

Baby's feeling...

sad.

"Want to watch me dress myself?" I say.

"Look, I can do up all my buttons." The words are bursting to come out.

I'm feeling...

proud.

Now that I'm dressed
we can go to the park.
"Hurry up, Mummy!

Hurry up!"

I'm feeling so
speedy-fast inside,
I just can't stop
jumping around.

I'm so...

excited!

But the bubbly feeling bursts when my baby sister gets to the big swing first.

Wanting and *wanting* my turn is taking up all the room inside me.

Now I'm feeling...

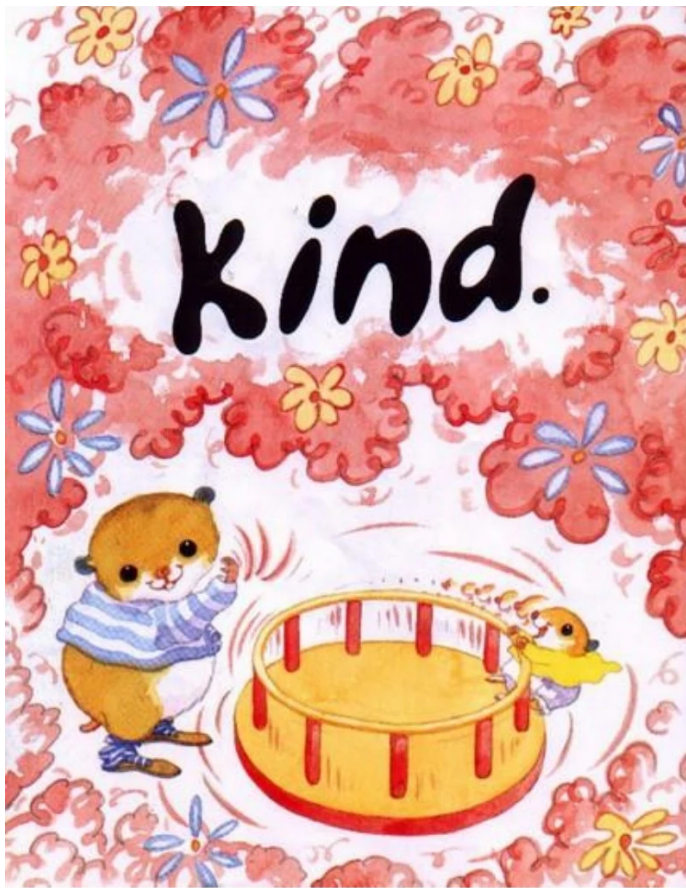**jealous.**
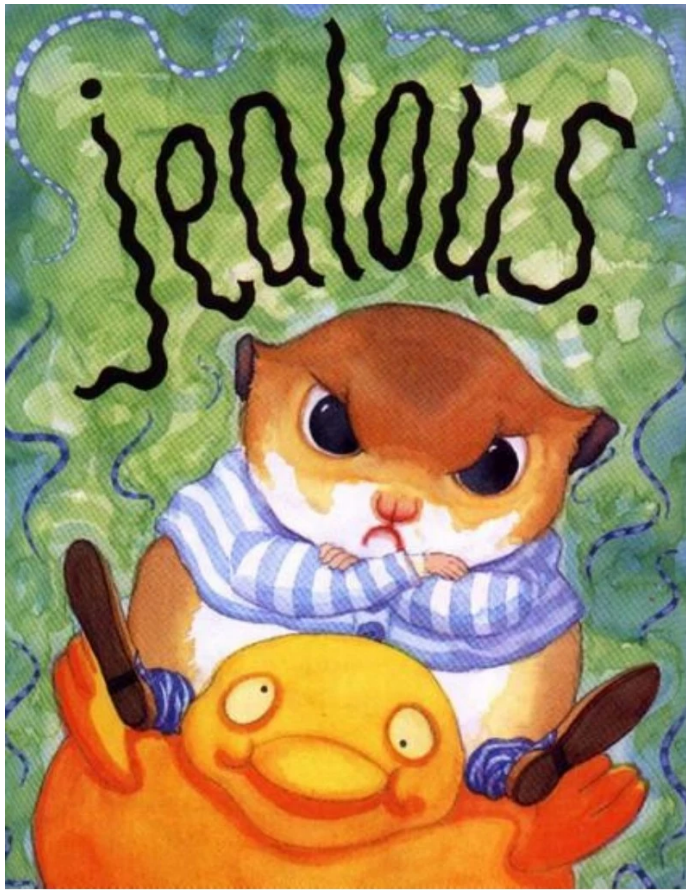
It's hard to share.
And anyway, my baby sister
is too little for that swing,
so I have to help her.
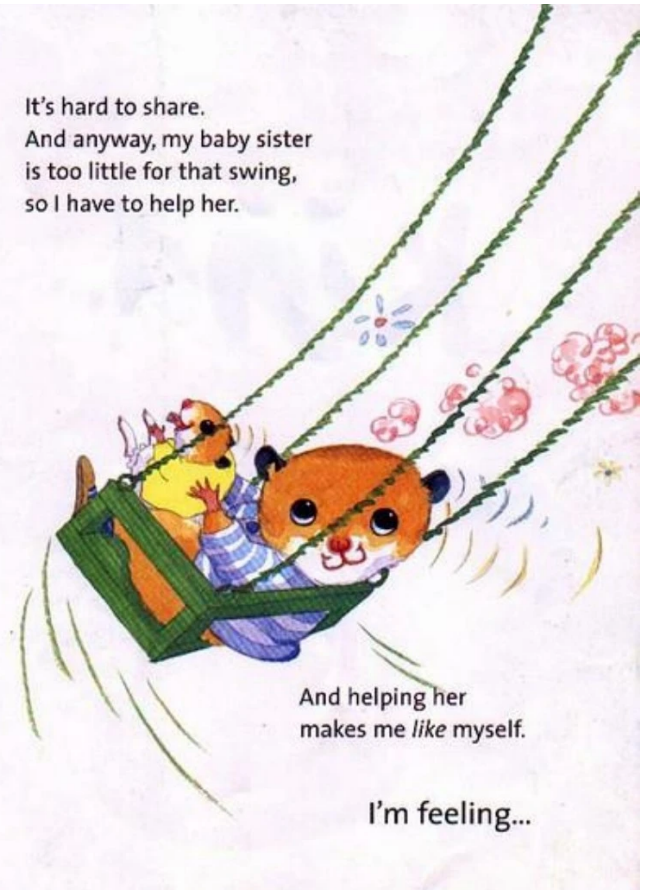
And helping her
makes me *like* myself.

I'm feeling...

kind.

"I think it's time
we went home now!"
says Mummy.

"No! I don't want to!
I don't want to!"
I feel a shout growing
bigger and bigger inside
me and I have to
open my mouth wide
and let that shout go.

I'm feeling very...

angry!

Letting out the shout
helps the anger go away.
So when we get home
I'm better.

But at bedtime I get
all shivery inside.
Angry monsters are
coming and I need
them to leave me
alone.

They're making me feel so...

scared.

"Leave me alone!"

My daddy helps me
chase those naughty
monsters away.

shoo!

I can feel a cuddle
coming down
my arms.

I snuggle up
and give it
to him.

I'm feeling...

love.

And Daddy feels love right back!