



My Big Emotions

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Book by Syesha

Social Emotional
Learning
& Mindfulness

It's okay to have BIG emotions.
That's what makes me human.



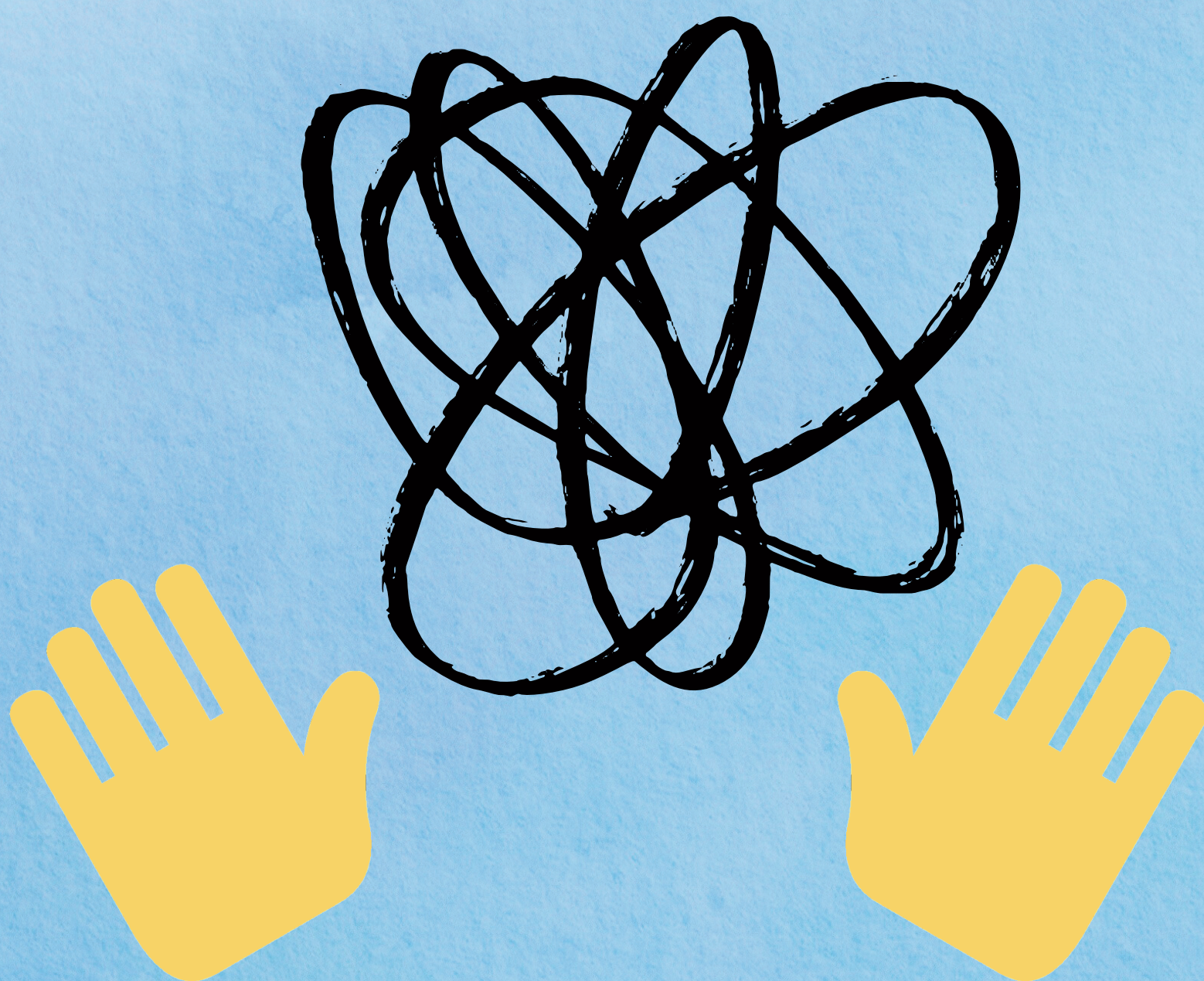


It's okay to have BIG emotions.
That's what makes me human.

I feel what I feel,
then I let it ALL out.



I feel what I feel,
then I shake it ALL out.

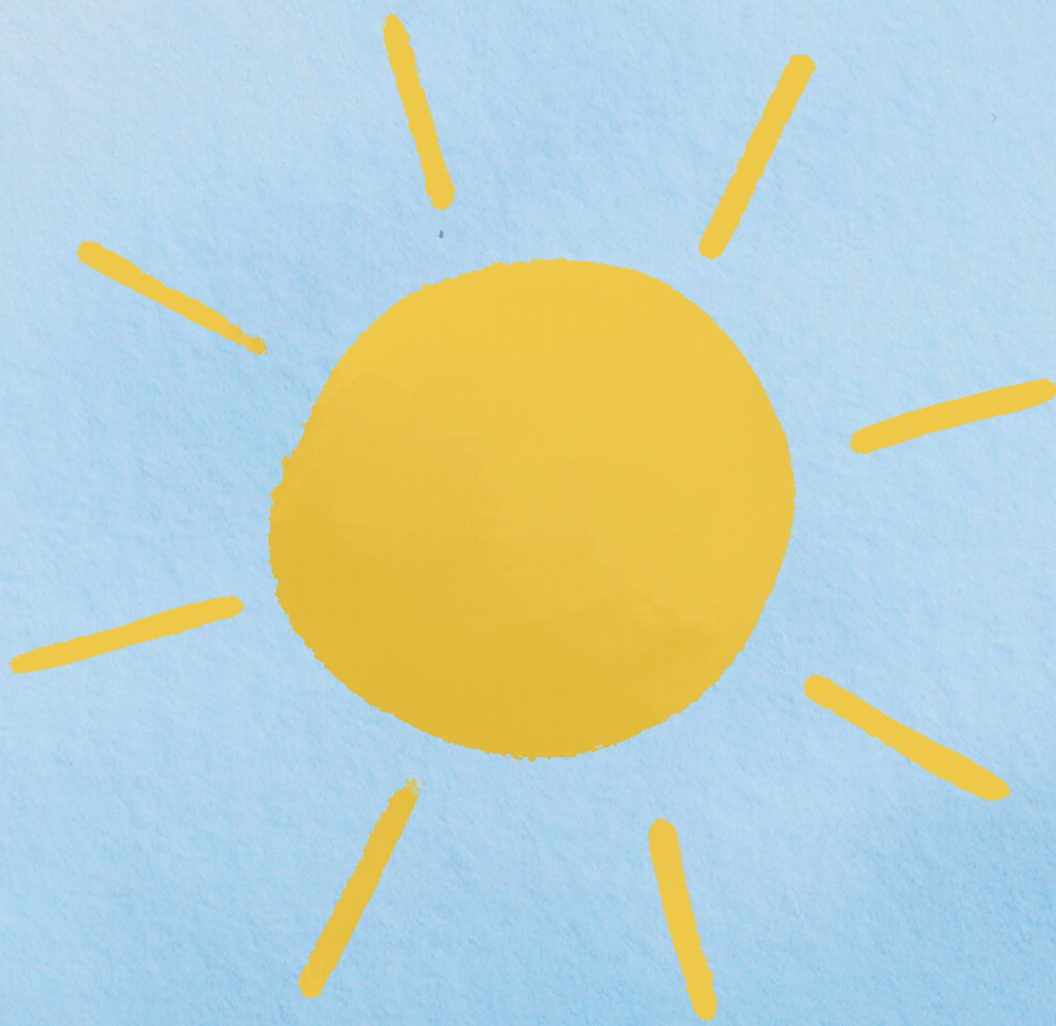




I feel what I feel,
then I Stomp it ALL out.

I feel what I feel,
then I Breathe it ALL out.





Then, I transmute, transform ALL the
BIG emotions into....





I am Peace



I am Calm



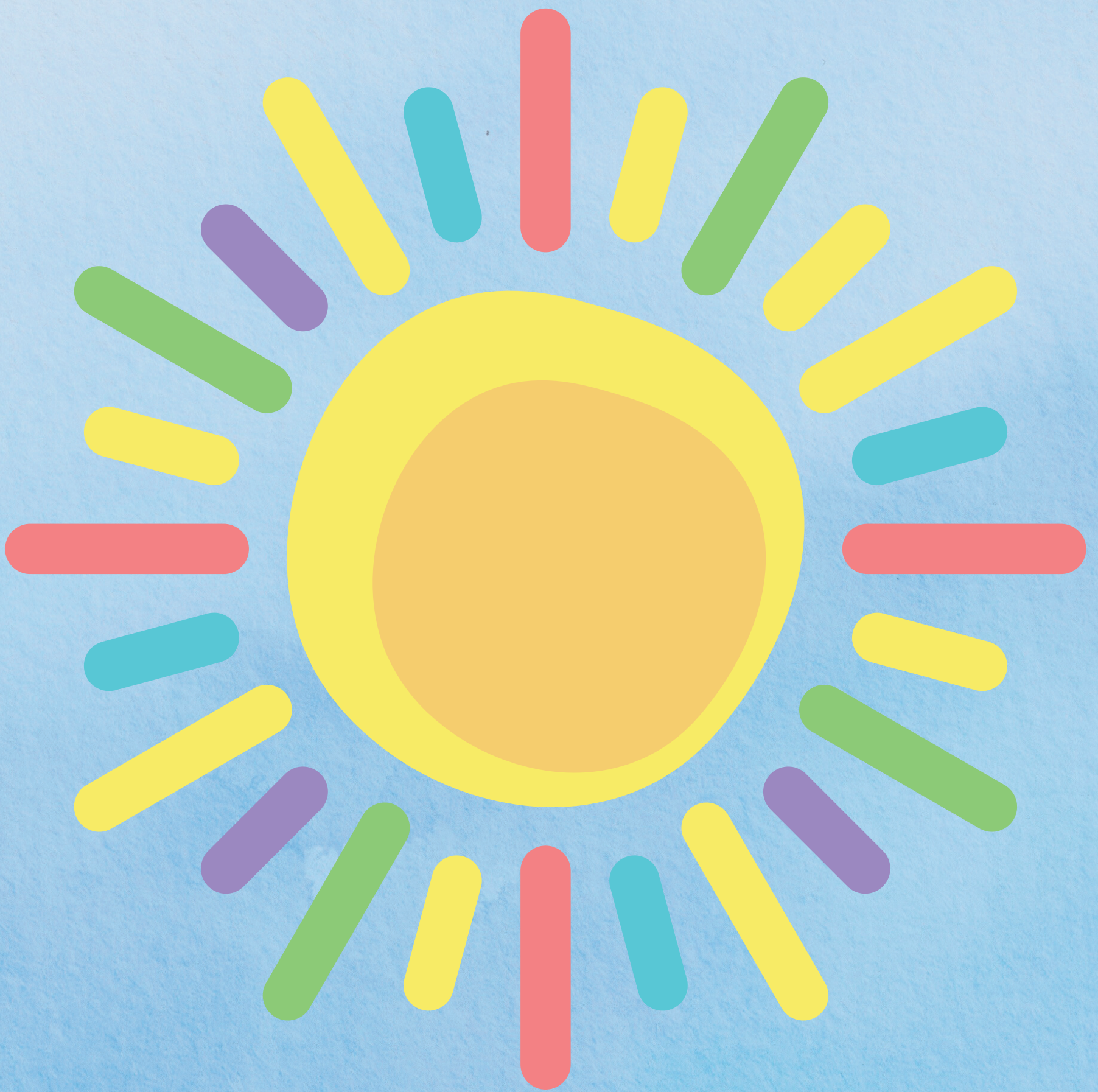
I am Ease....



I am in Control...



I Breathe....



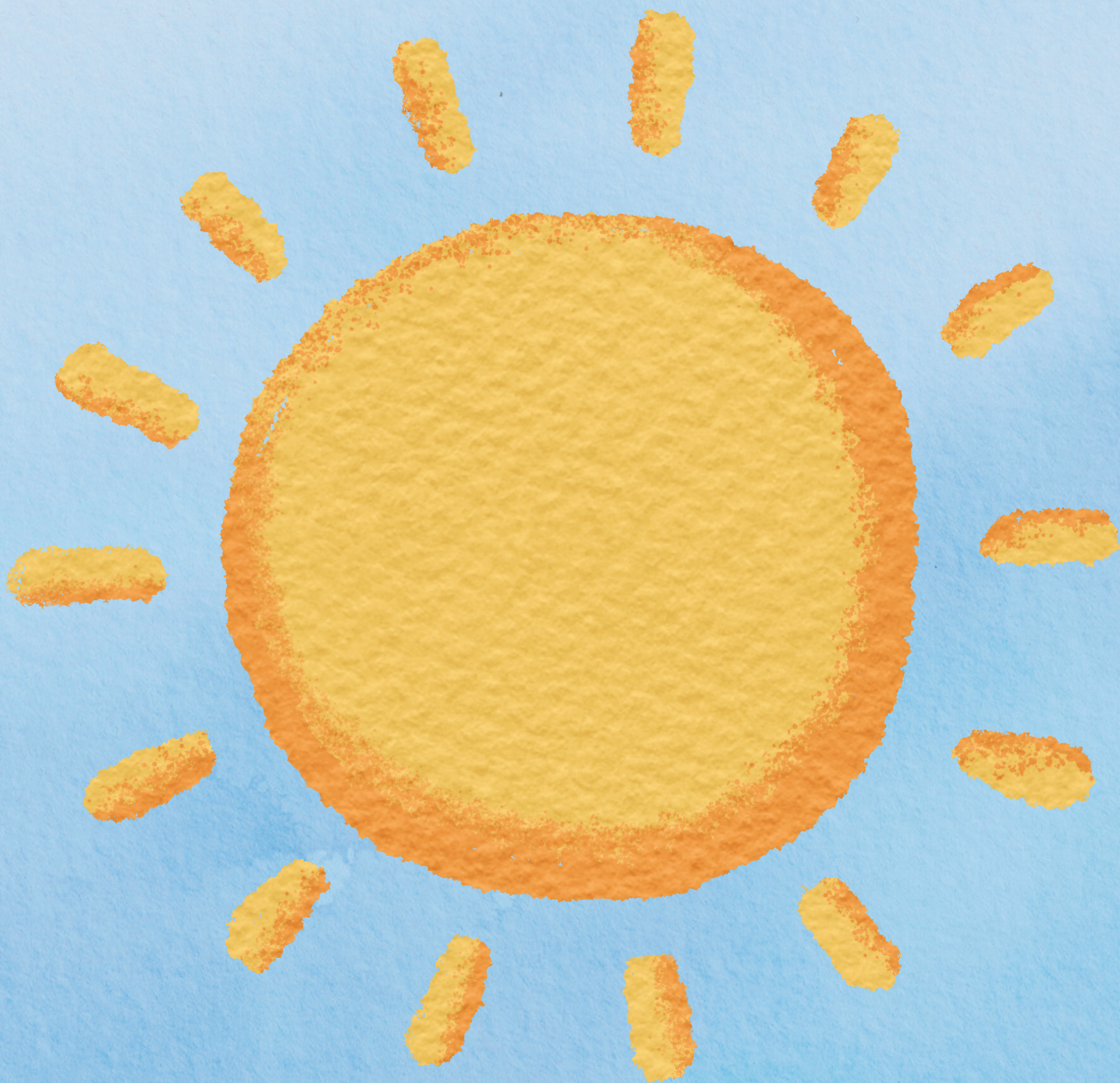
I am Peace....

I am Calm....

I am Ease....



I am in Control.
I breathe.



Deep Breath in through my nose....
Let it out through my mouth.

