

Bizzy & Patience

Respecting Feelings



A Valentine's Day
Social-Emotional Learning Book

By Jennifer Burkdoll

Bizzy & Patience: Respecting Feelings

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Bizzy the Busy Chicken

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Dedication Page

This book is for every child learning that their feelings matter.

Meet Bizzy!

Bizzy is busy.
She likes to help and get things done fast.
Bizzy loves checking things off her list.



Meet Patience!

Patience is calm.
She likes to listen and take her time.
Patience notices how others feel.



Valentine's Day Arrives

Valentine's Day is here!
Some friends feel happy and excited.



Different Feelings

Some friends feel shy.
Some friends feel quiet.
Some friends do not feel excited at all.



All Feelings Are Okay

Everyone feels differently.
All feelings are okay.



Bizzy Notices

Bizzy wants everyone to feel happy.
But Bizzy notices that not everyone feels the same.



Bizzy Pauses

Bizzy stops.
She takes a breath.
She remembers to ask first.



Asking About Feelings

Bizzy asks, "How do you feel?"
She listens to the answer.



Patience Listens

Patience listens with her eyes,
her ears,
and her heart.
She does not rush.



Respecting Space

Some friends like hugs.
Some friends like space.
Both choices are okay.



Showing Respect

Respecting feelings means:

Listening,

Being kind.

Giving space when needed.



Love Looks Like This

Love looks like listening.
Love looks like kindness,
Love looks like respect.



What Can I Do?

I can respect feelings by:

- ♥ Asking before hugging.
- ♥ Using kind words.
- ♥ Listening.
- ♥ Giving space.



Color the feelings.



Happy.



Sad.



Excited.



Quiet.

All feelings are okay.

Color Bizzy as she listens.



Bizzy is learning to slow down.

Color Patience being calm and kind.



Reflection Page

Today I feel:



One way I can respect feelings is:



Happy Valentine's Day!

From Bizzy & Patience



Parent / Teacher Page

This book helps children learn that everyone has feelings, and all feelings matter.

You can support this learning by:

- Talking about feelings together
- Asking children how they feel
- Modeling kindness and respect