

Free Resource

Blue Butterfly Writing LLC ©2026

Sunday

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Issue #1



For Little Sunshine

&

How Am I Feeling Journal

Little Sunshine Series



Tilda Tart
*Founder & President of Blue Butterfly
Writing LLC, Est 2023*

TILDA TART

- *About the Author:*
- *Founder & President of Blue Butterfly Writing LLC, 2025*
- *Author of 2 International books:*
- *For Little Sunshine & Little Sunshine How am I Feeling Journal*
- *BS Computer Networking*
- *25+ years IT Experience*
- *Army Veteran*
- *Minority Owned, Small Business Owner, Disabled Veteran Owned, & Woman Owned*
- *Divorced & Single Mother of 2: Little and Sunshine*
- *11+ years of Aspergers & Autism Experience*
- *Writing Books on Autism since 2022*
- *Member of Kappa Epsilon Psi Military Sorority Inc. SMR `21 (KEY)*
- *Member of National Council of Negro (NCNW) New Dominion Section*

This Free Resource is dedicated to sharing information about a person's emotions and how they are Feeling. This explains the different types of emotions and how they are recognized.

1. Showing expressions of happiness with raised cheeks and corners of the mouths raised,
2. Showing expressions of anger, mouths slightly open eyebrows raised,
3. Showing expressions of sadness, the sides of the mouth are tightened and the brows are raise,
4. Showing expressions of surprise with raised eye brows and opened mouths
5. Showing expressions of fear with raised eye brows and a tight closed mouth
6. Showing expressions of contempt with raised eye brows and a tight closed mouth

Note: See my book *Little Sunshine How I am I Feeling Journal* either on e-book or paperback as a full reference as it is a full 6 month Journal that allows you to express your emotions and document them for ½ of the year in full color. I designed the graphics that illustrates all 7 emotions. Coming Soon: See my website and upcoming Shopify website or my company website for the link to buy directly from my store for the book and my book signings coming end of March.

Tilda Tart International Books on Amazon:

[Amazon.com: For Little Sunshine: Little Sunshine eBook : Tart, Tilda: Books](#)

[Amazon.com: Little Sunshine's How am I Feeling Journal eBook : Tilda Tart: Kindle Store](#)

Also, Internationally on (click on "Link to Buy E-Books Now" to see the sections to buy in your country: <https://www.bluebutterflywriting.com>

Additional Resources that I share my knowledge that I did extensive research:

- ▶ Please go to my Business pages Blue Butterfly Writing LLC on TikTok @bluebutterflywriting and www.bluebutterflywriting.com where you can Like and Share with family and friends if you find my book helpful. This is where I share my information on my upcoming books in the Little Sunshine Series, Live videos, & other useful information on Autism and Asperger's Awareness.

Disclosure: I built my brand from my living room and from the knowledge of having a special needs child. I am sharing my knowledge from my own personal experiences. Please seek professional help and specialist for medical attention for your child or adult who is special needs who may need immediate medial assistance. I am not a medical Dr.

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The latest news Breaking news

TILDA TART

- ▶ **We Moved:**
- ▶ **550 S. Watters Rd #249**
- ▶ **Allen, TX 75013 We are Growing**

