Where do **YOU** feel **BIG FEELINGS**?

Elmo’s head hurts when he feels **sad**, like when he misses his Grandpa.

Where in your body do **YOU** feel sad?

Elmo’s hands get sweaty when he feels **nervous**, like when he tries something for the first time!

Where in your body do **YOU** feel nervous?

Elmo feels like there are butterflies in his tummy when he feels **scared**, like when he has to sleep in a dark room.

Where in your body do **YOU** feel scared?

It is ok to feel **big feelings**!

Point to where the feeling is in **YOUR** body.

caring for each other