

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.