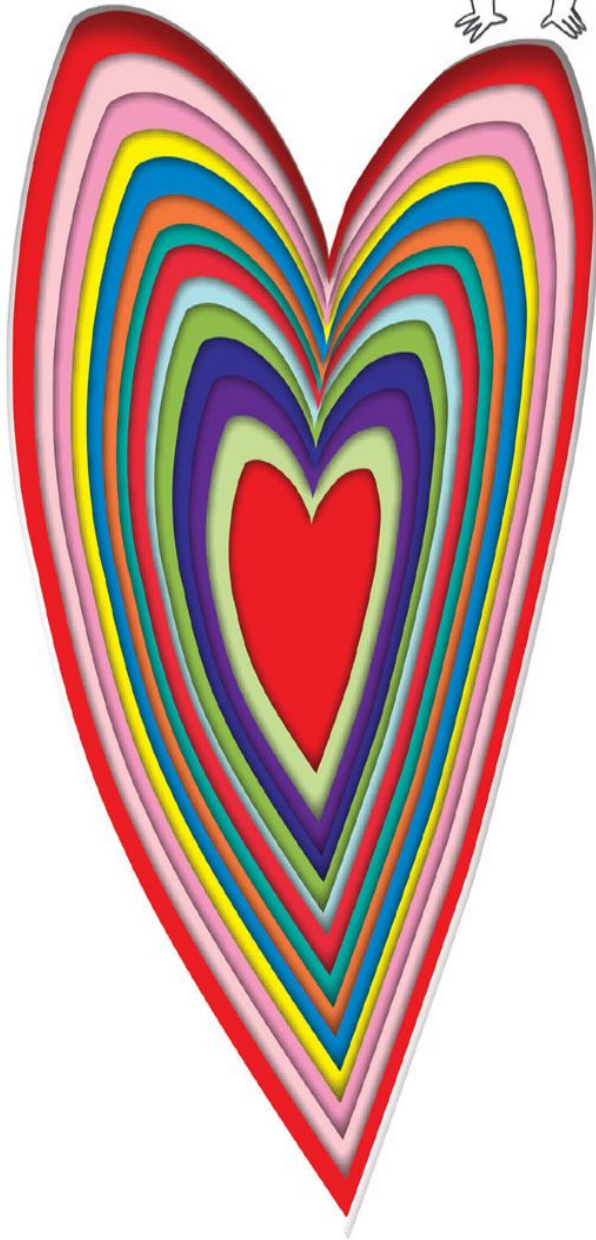


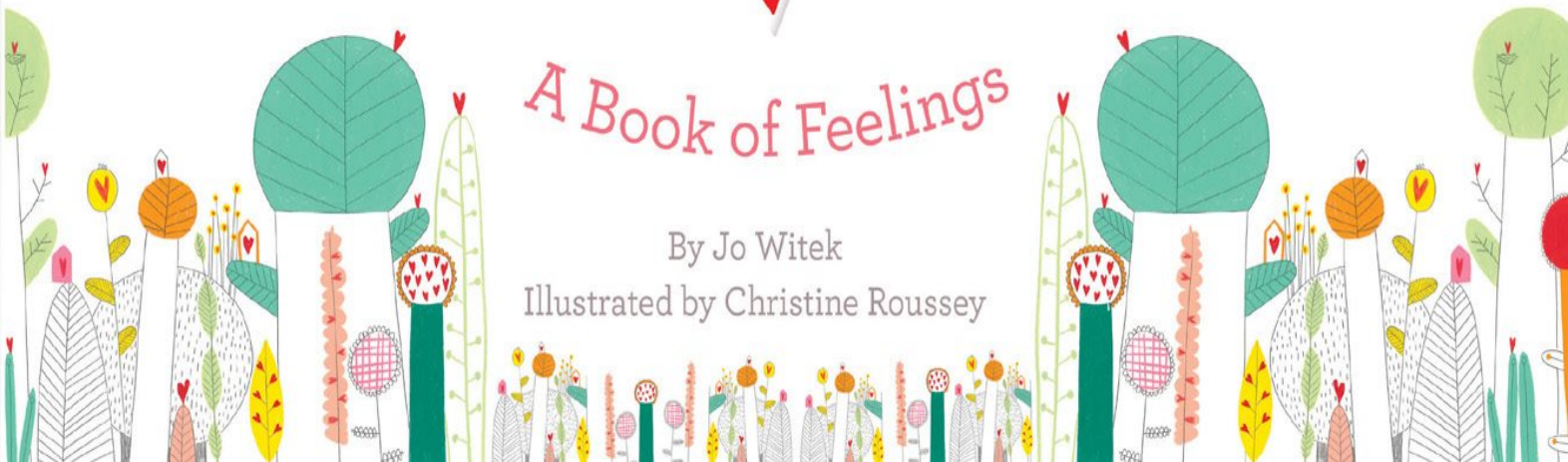
IN MY HEART

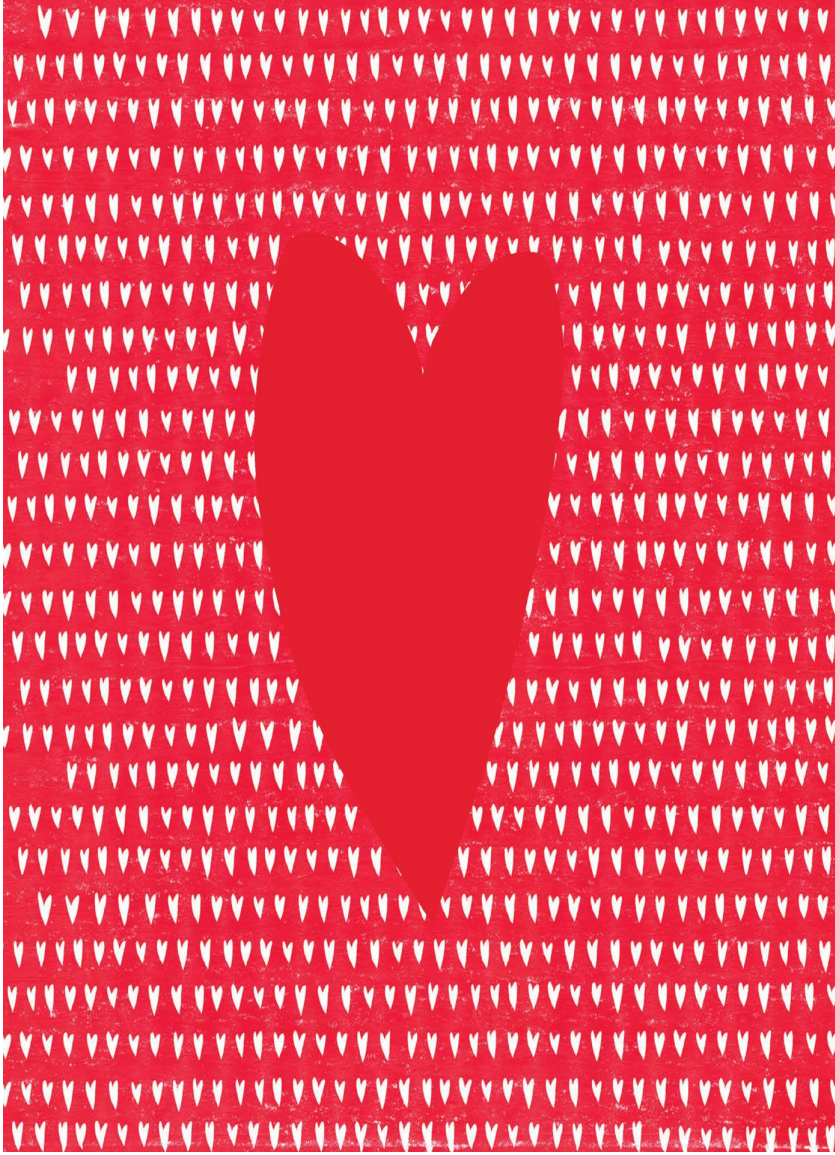


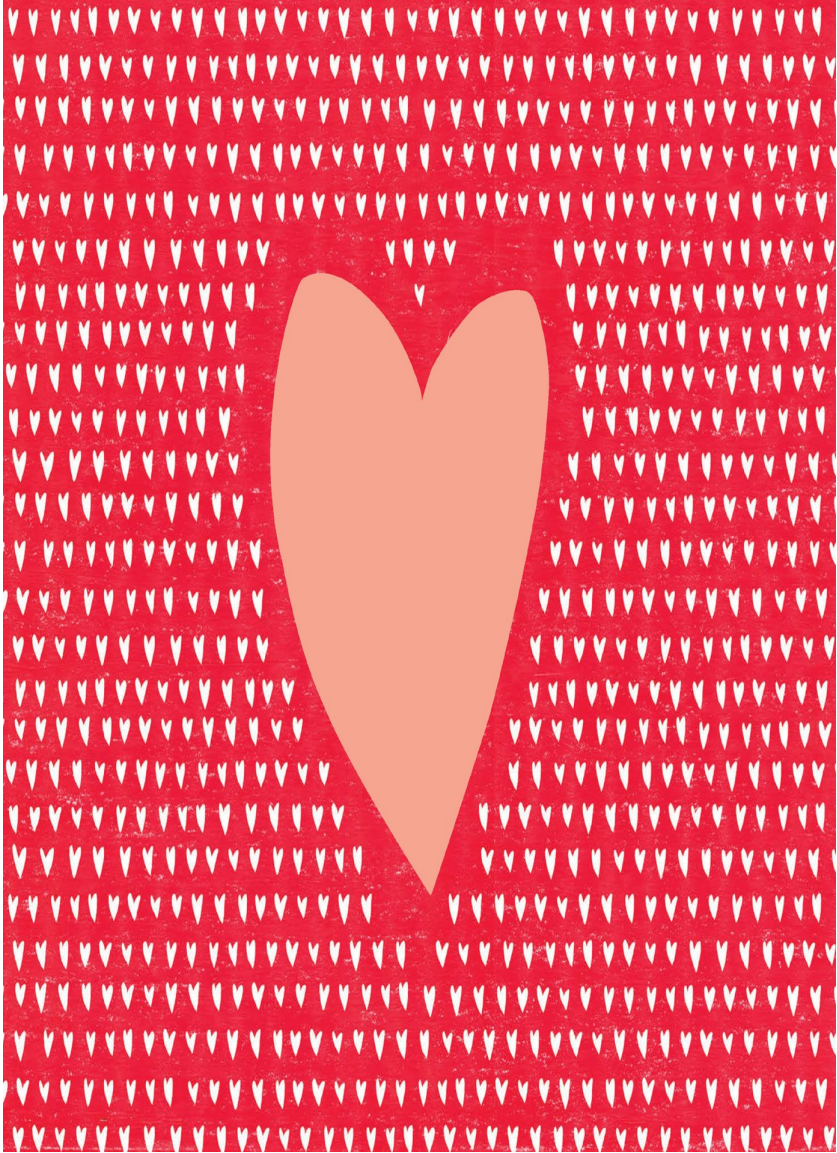
A Book of Feelings

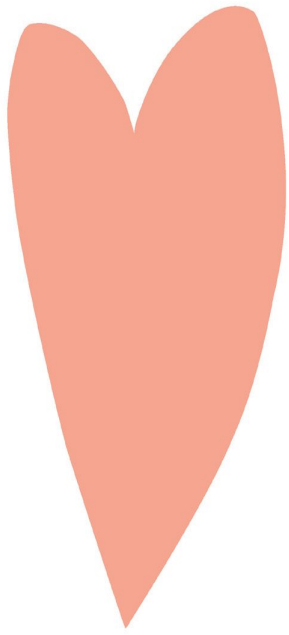
By Jo Witek

Illustrated by Christine Roussey



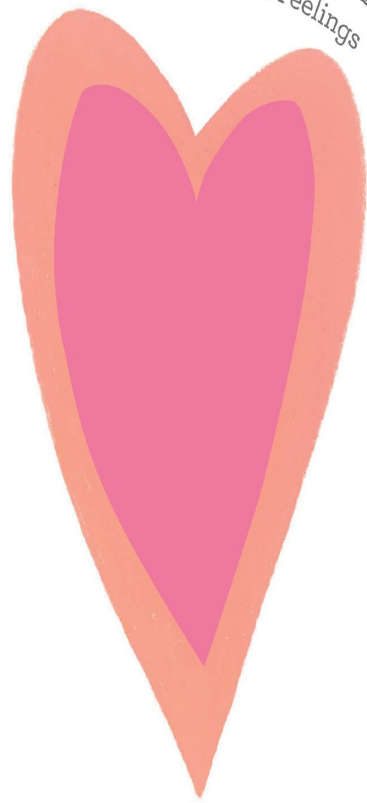






IN MY HEART

A Book of Feelings



by Jo Wink

Illustrated by Charlotte Beatty

© 2015 by Jo Wink



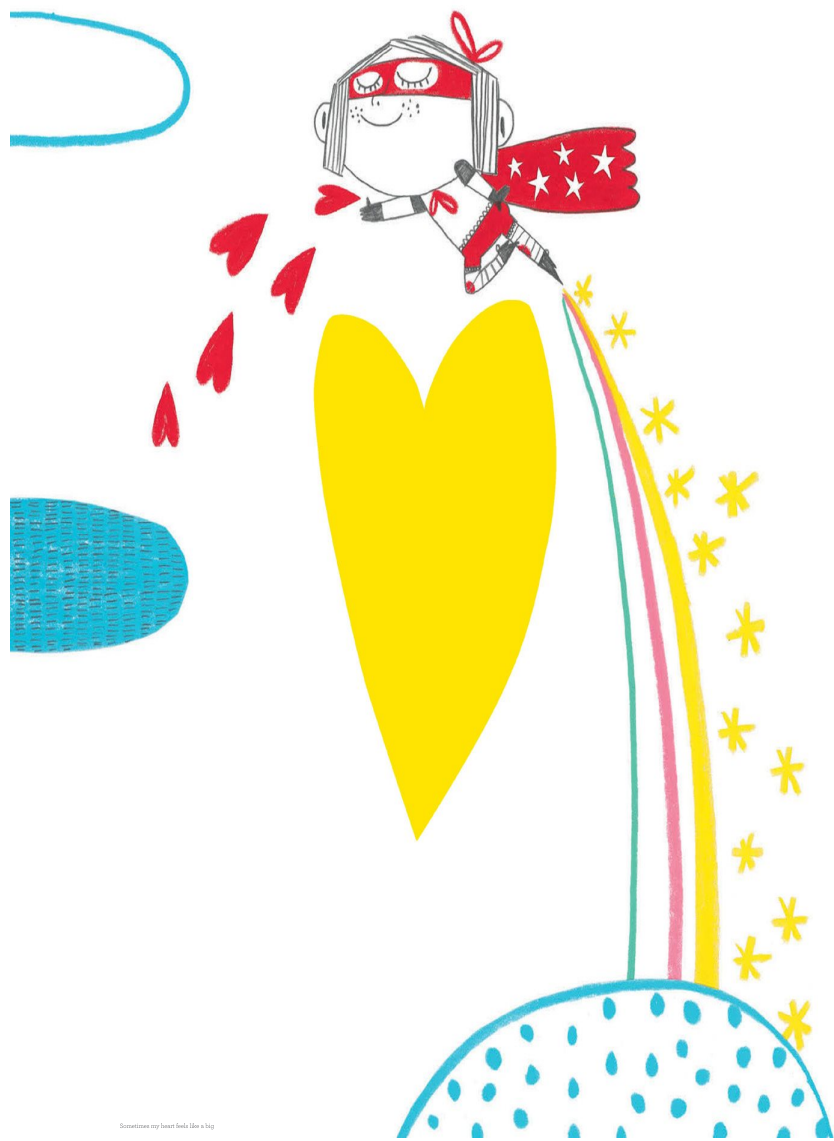
My heart is full of feelings. Big feelings and

small feelings. Loud feelings and quiet feelings.

Quick feelings and slow feelings. My heart is

like a house, with all these feelings living inside.





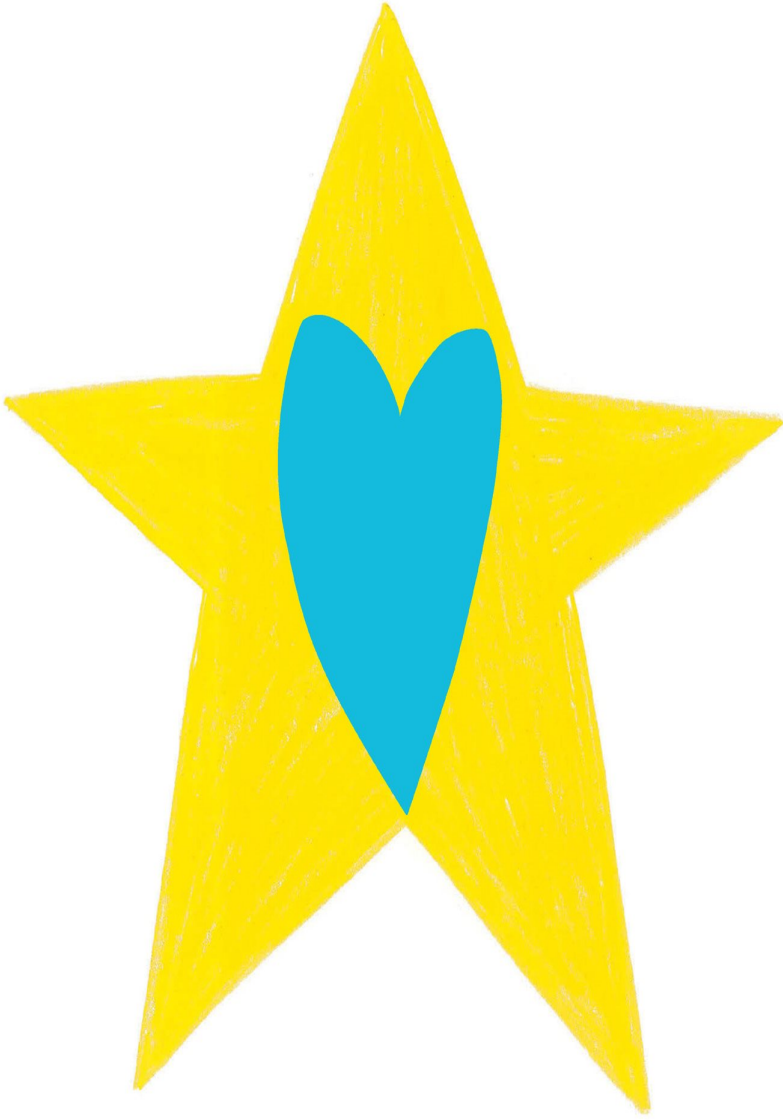
Sometimes my heart feels like a big

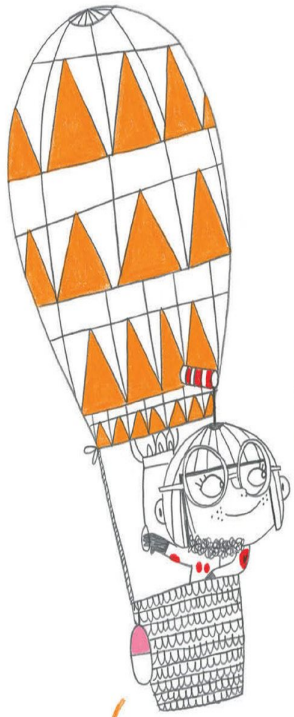
yellow star, shiny and bright. I smile from

ear to ear and twirl around so fast. I feel

as if I could take off into the sky.

This is when my heart is happy.





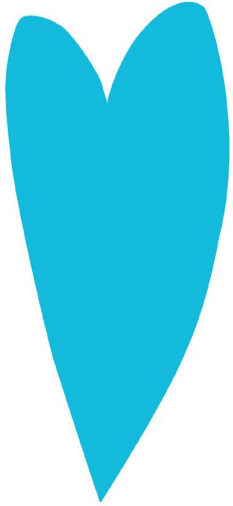
Other times, my heart feels strong

I stand up tall, as if I can touch the

clouds. New people and places don't

frighten me. I can do it! Watch me go!

This is when my heart is home.



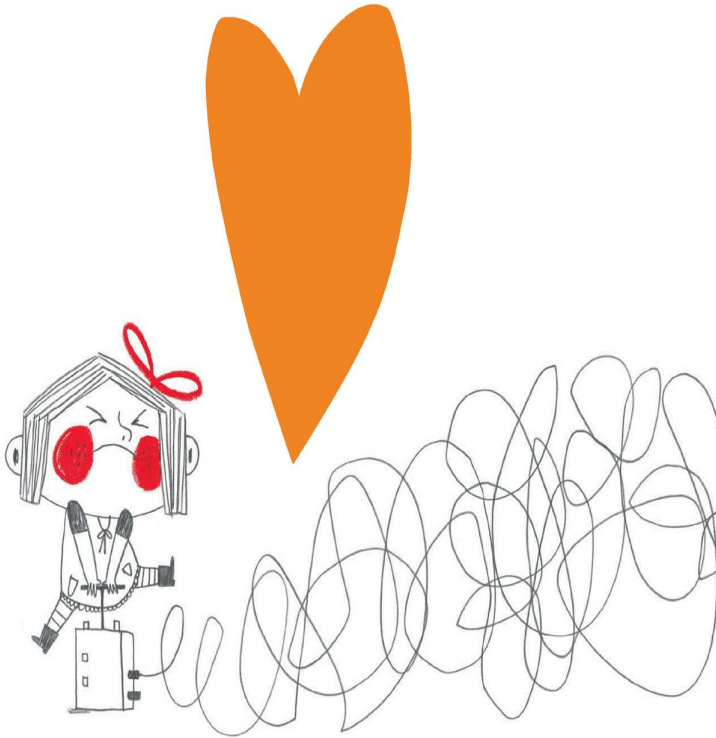


When I get really angry my heart feels as if

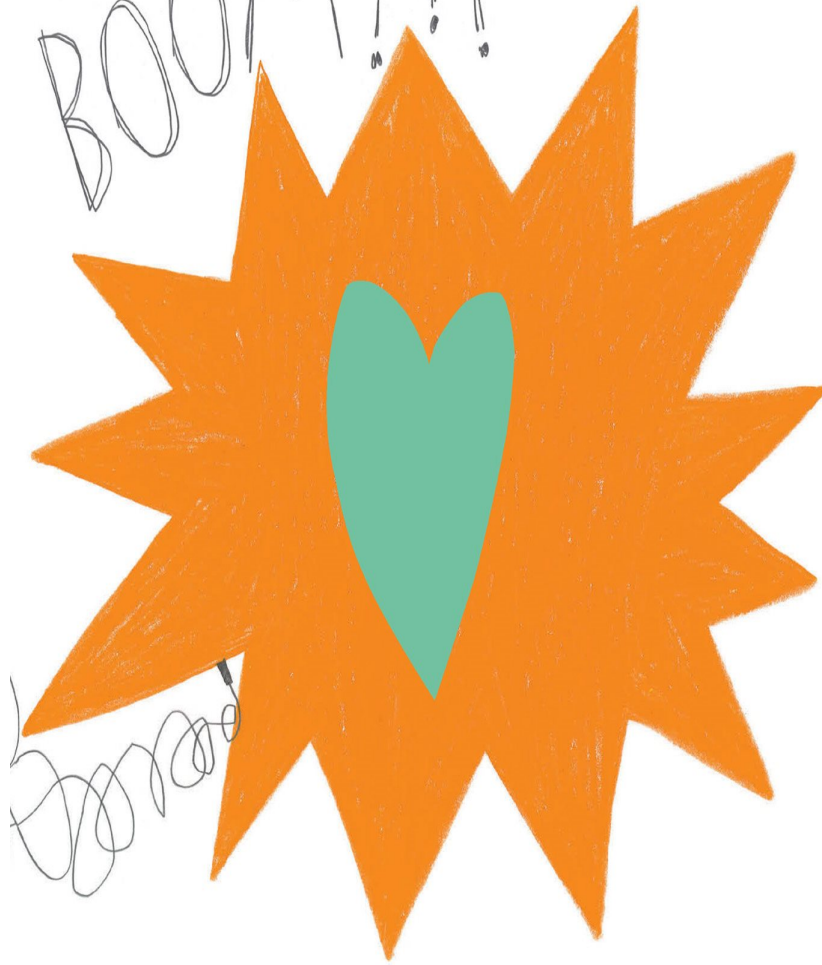
it's going to explode! Don't come near me!

My heart is pulling, hot and loud.

This is when my heart is mad.



BOOM!!!



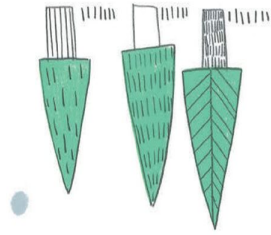
But other times, my heart is cold.

And along gently like a balloon on a

string, my heart feels heavy and slow,

as quiet as snowfall. This is when my

heart is cold.





On harder days, even words hurt my feelings, and

my heart feels hurt too. So fragile and delicate, but

it can be healed with extra kisses. This is when my

heart is broken.





Some days feel like heavy rain

Alphabet: There's a dark cloud over

my head, and I'm still here on

This is when my

heart is sad





But my heart doesn't stop beat.

Like springtime after winter, the sun

comes out again. My heart grows red.

Like a glass melting toward the sky

This is where my heart is hopeful.





Edie: When I see something scary, my

heart beats fast, I feel cold, as if a chilly

breeze has crowded up my neck, and I run

away as fast as I can. That is when my

heart is afraid.







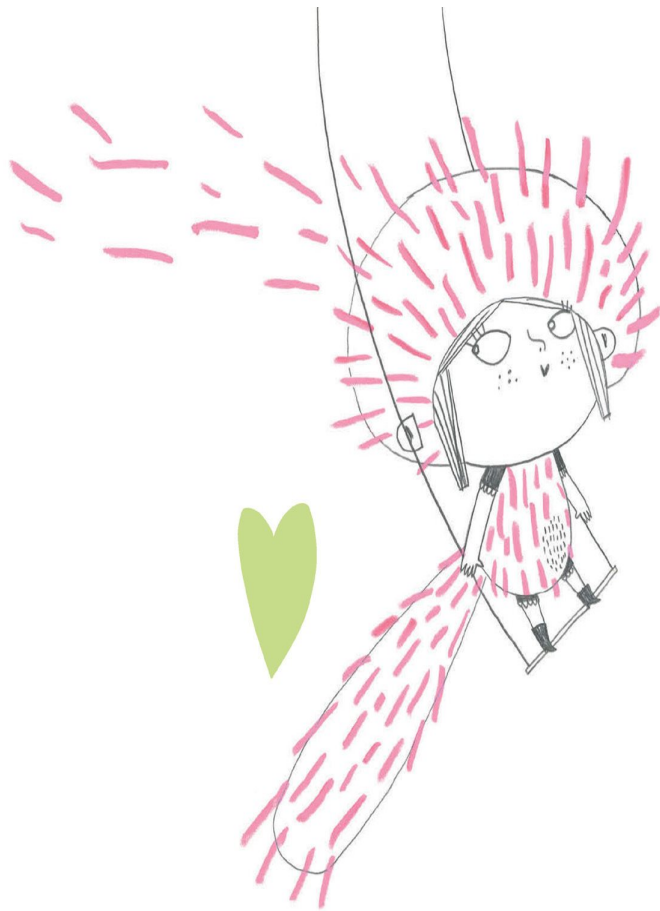
When it snows for me after my love has

Full of grass and wiggles, it's so sweet

I hop around like a bouncy bunny. This

is when my heart is silly





Sometimes I hide my heart away when no one can see, like

my own small treasure, I don't want anyone to look at me.

But on my swing, I can watch the world from up above.

This is when my heart is free.





My heart can feel so many

feelings, and yours can

feel big or heart

is proud. How does

your heart feel?

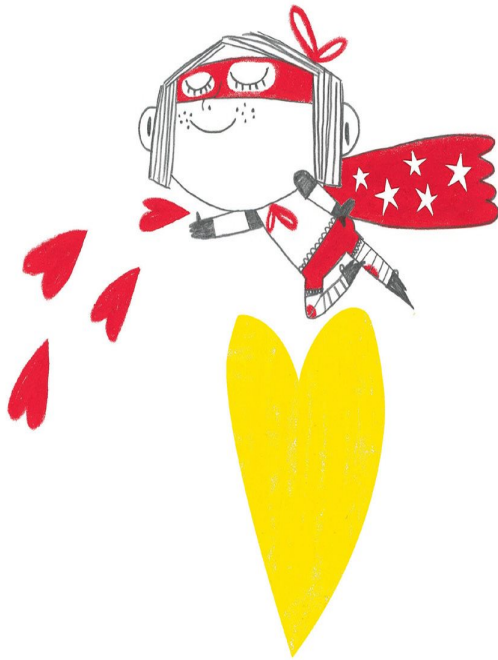




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*Sometimes my heart feels like a big yellow star, shiny and bright.
I smile from ear to ear and twirl around so fast,
I feel as if I could take off into the sky.
This is when my heart is happy.*

A vibrant celebration of feelings, in all their shapes and sizes.

The **Growing Hearts** series celebrates the milestones of a toddler's emotional development. Collect them all!




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